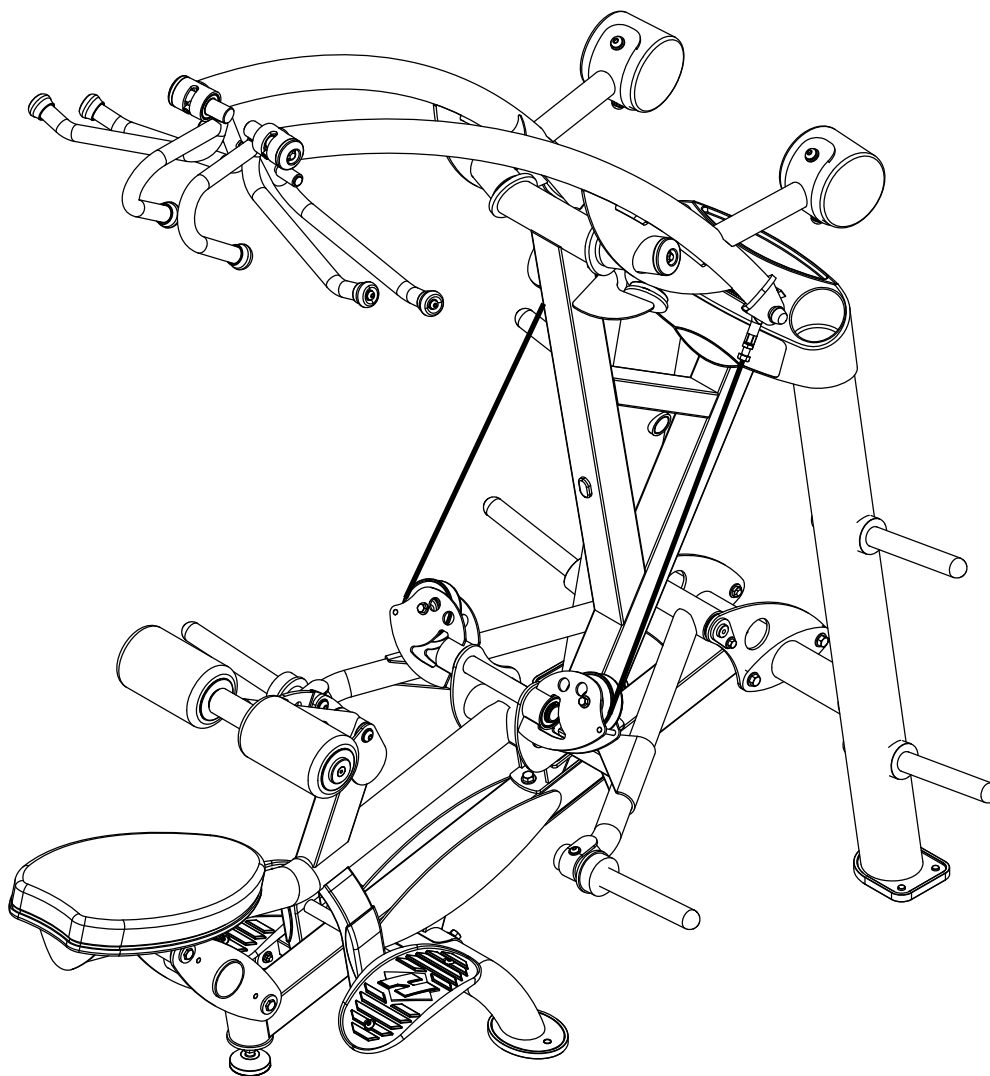


OWNER'S MANUAL



RPL-5201-A

PLATE LOADED PULL DOWN



Note: Both Serial Number and Model Number are Required when Ordering Parts
RECORD SERIAL NUMBER HERE

MACHINE CODE

Customer Service

(800) 548-5438

(858) 578-7676

Fax

(858) 578-9558

 www.facebook.com/hoistfitness

OWNER'S MANUAL

CONTENTS

INSTRUCTIONS	02
FRAME ASSEMBLY	04
MACHINE ADJUSTMENT.....	21
PRE-ASSEMBLY.....	23
DECAL PLACEMENT.....	25
DECAL REFERENCE.....	26
PART LIST.....	29
ABBREVIATIONS.....	32
BOLT SIZING CHART.....	33
WASHER SIZING CHART.....	35
MAINTENANCE SCHEDULE.....	37
GENERAL MAINTENANCE INFORMATION.....	38
WEIGHT TRAINING TIPS.....	39
EXERCISE LOG.....	41
LIMITED WARRANTY.....	42

OWNER'S MANUAL

INSTRUCTIONS

Before beginning assembly please take the time to read instructions thoroughly. Please use the various lists in this manual to make sure that all parts have been included in your shipment. When ordering, use part number and description from the lists. Use only HOIST replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

HOIST equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized HOIST dealer. Be sure to have your serial number and this manual when calling. When all parts have been accounted for, continue on.

TOOLS REQUIRED

Ratchet Wrench

1/2", 9/16" and 3/4" Sockets

Adjustable Wrench

Rubber Mallet

Tape Measure

Level

Hex Key Wrench Set

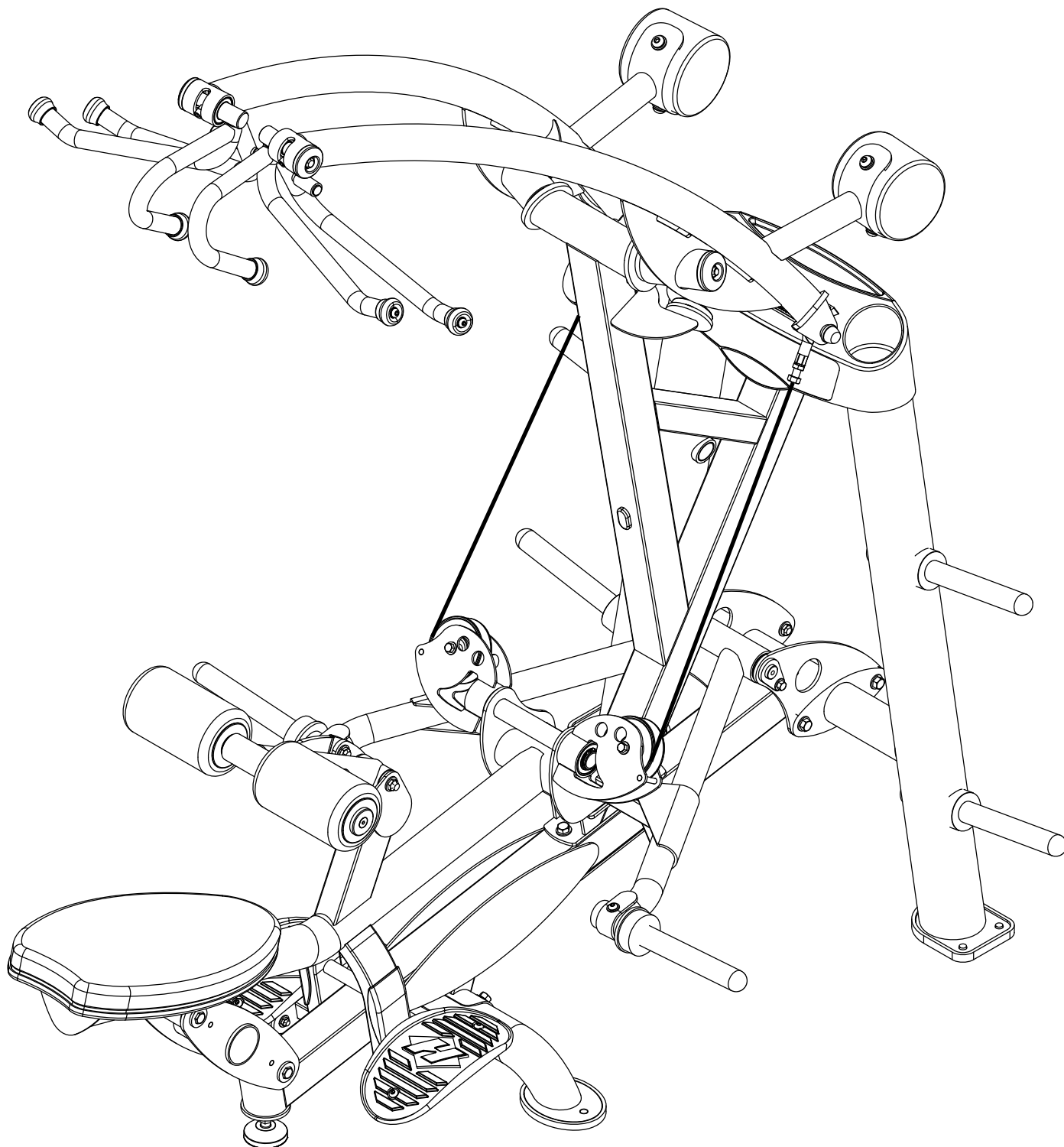
2 People Required for Assembly

OWNER'S MANUAL

THIS PAGE WAS INTENTIONALLY LEFT BLANK

OWNER'S MANUAL

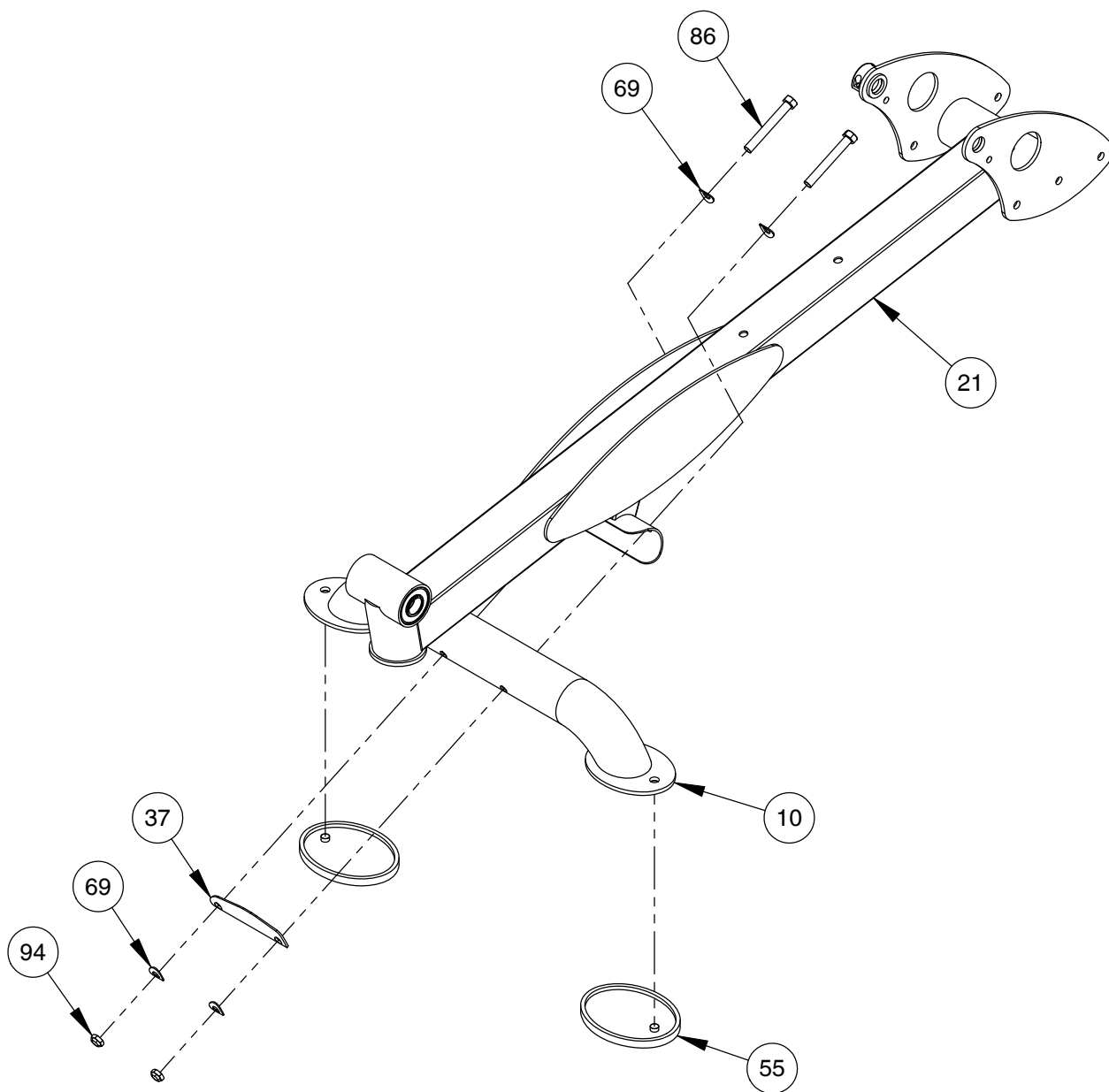
FRAME ASSEMBLY



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.



FRAME ASSEMBLY

This exploded perspective view illustrates the assembly of a mechanical component, likely a hinge or joint. The main assembly is shown in the center, with various parts and fasteners labeled with circled numbers and leader lines. The components include:

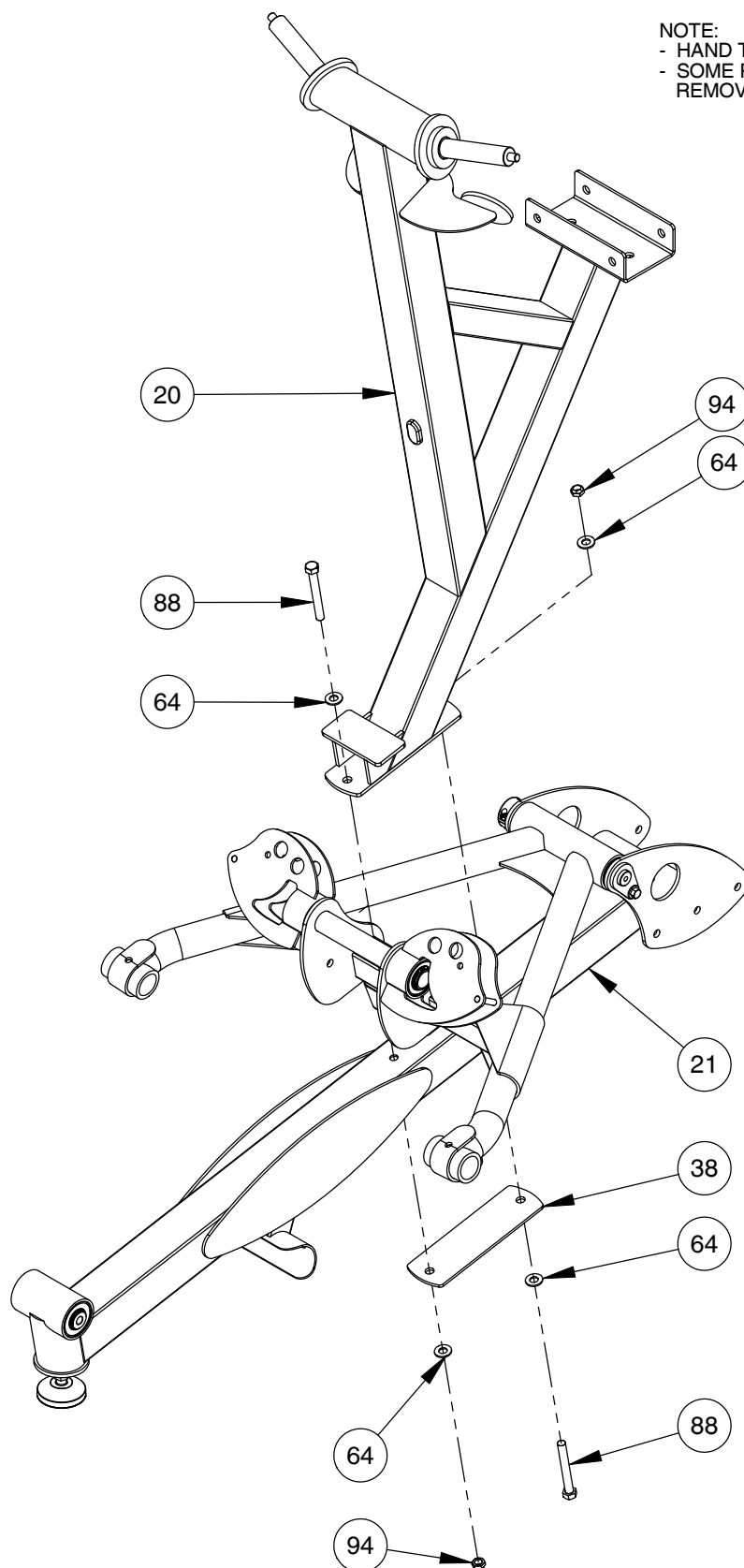
- 14**: A long, angled structural member.
- 15**: A base plate or mounting flange.
- 19**: A cylindrical component, possibly a roller or bush, mounted on the end of the main arm.
- 21**: A bracket or plate that connects the main arm to the base.
- 32**: A small, curved component, possibly a pin or a small bush, located near the base of the main arm.
- 63**: Two small circular fasteners or pins, one located near the top of the main arm and another further to the right.
- 71**: A small pin or fastener located near the top of the main arm.
- 76**: A small pin or fastener located near the bottom of the main arm.
- 93**: A small circular fastener or pin located near the top of the main arm.
- 96**: A large circular fastener or pin located at the bottom of the main arm.

Dashed lines indicate the alignment and assembly path for the various components and fasteners.

OWNER'S MANUAL

FRAME ASSEMBLY

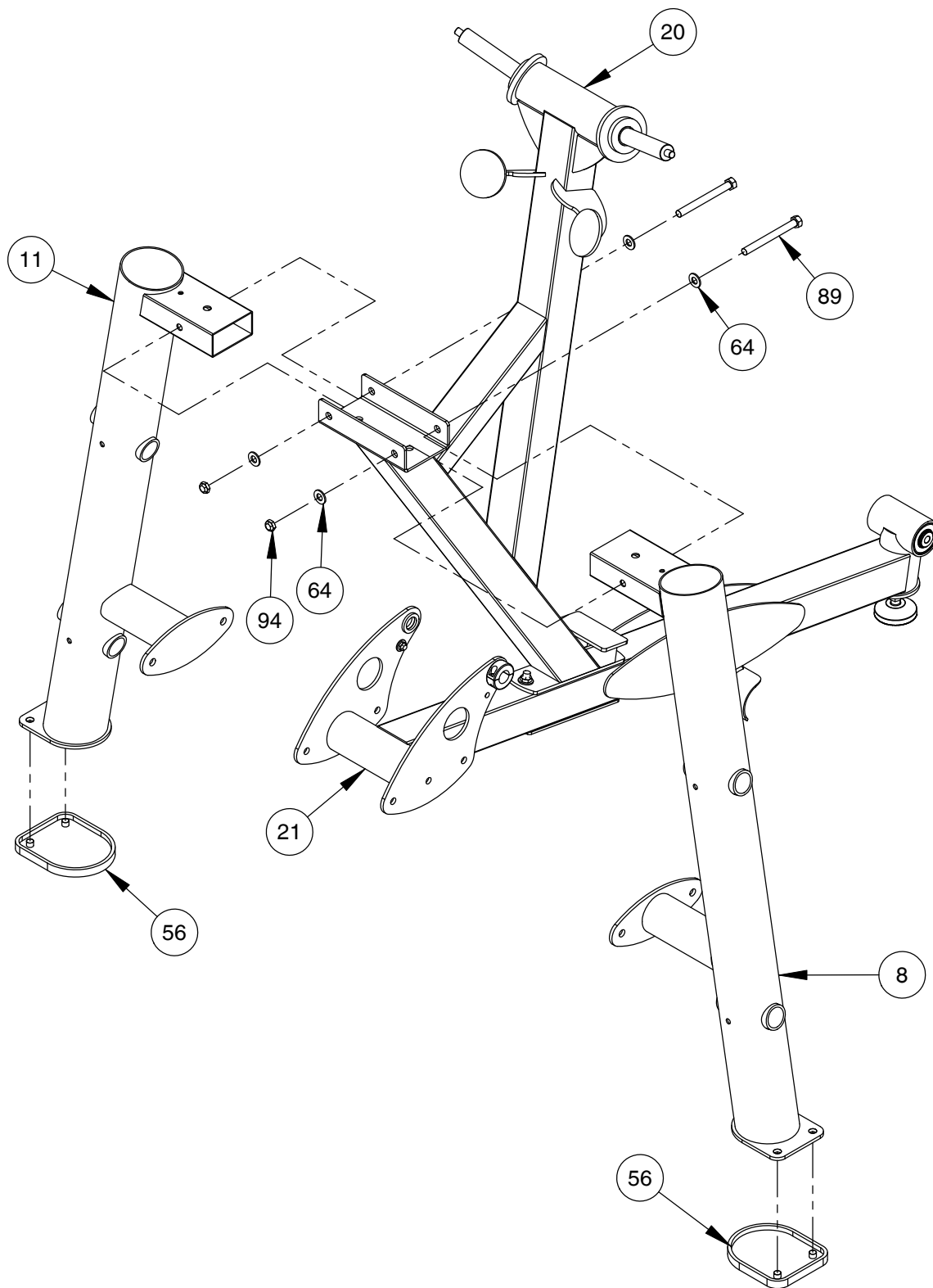
NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- HAND TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY

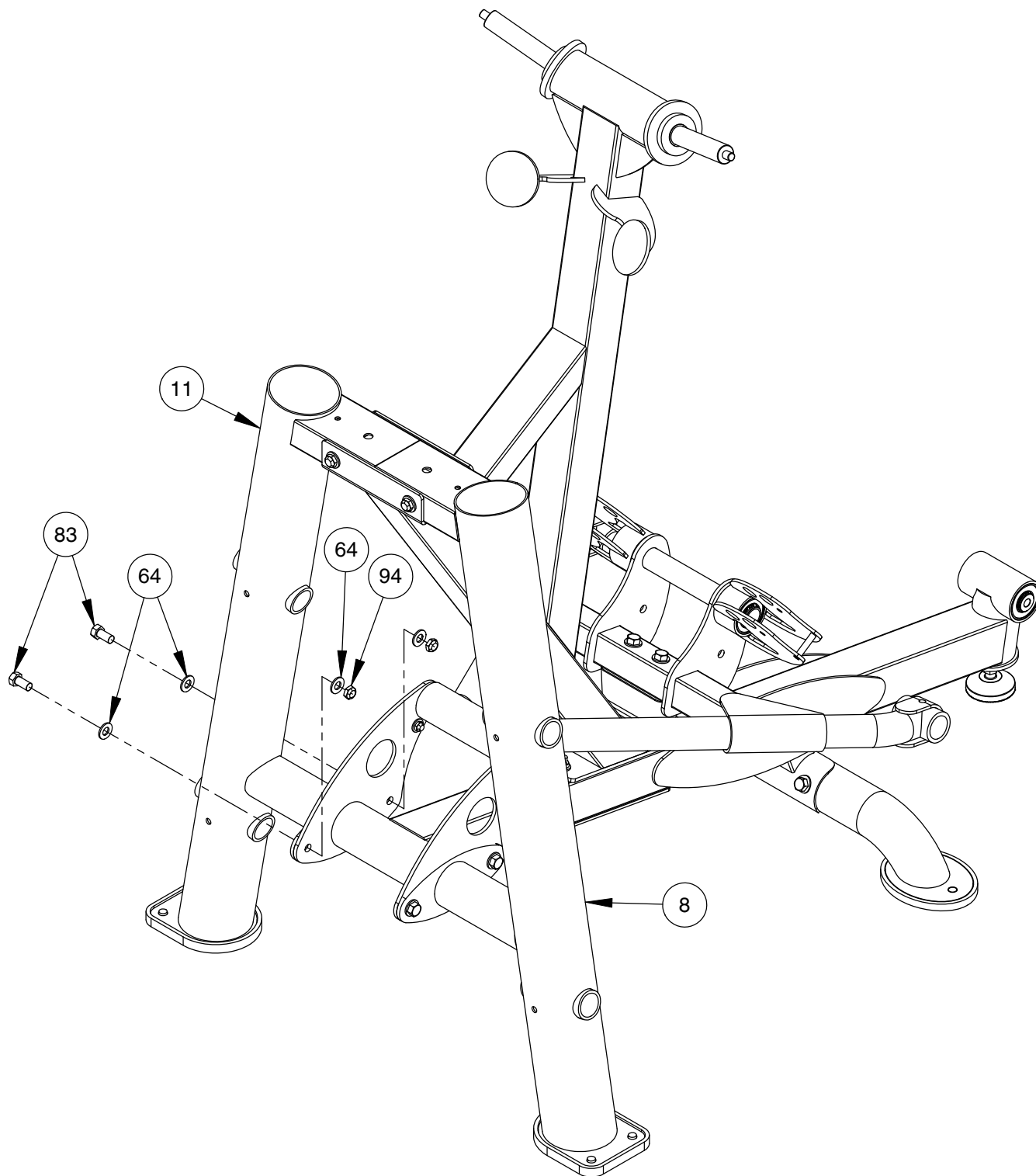


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- HAND TIGHTEN HARDWARE
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.

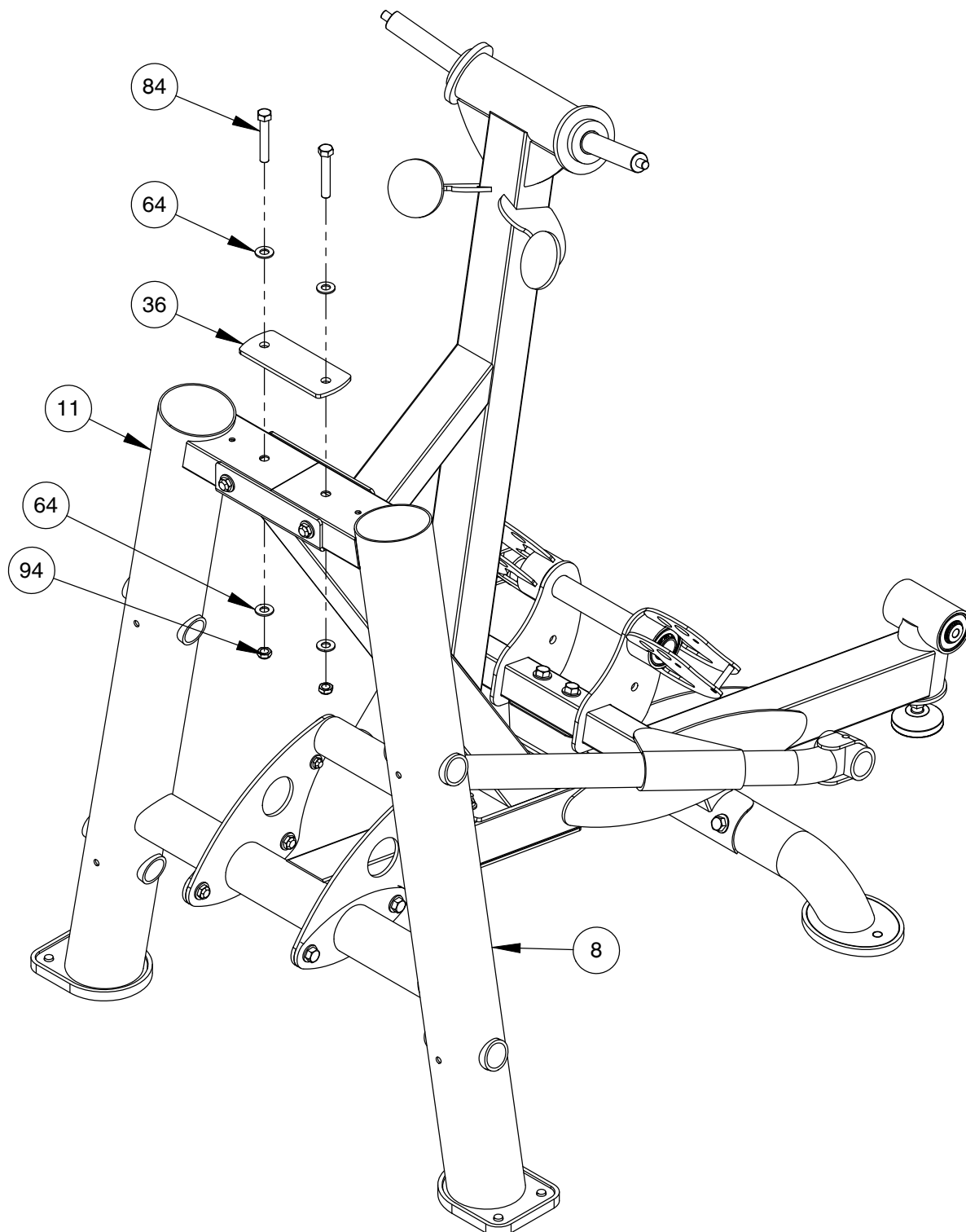


OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY HAND TIGHTENED HARDWARE.



OWNER'S MANUAL

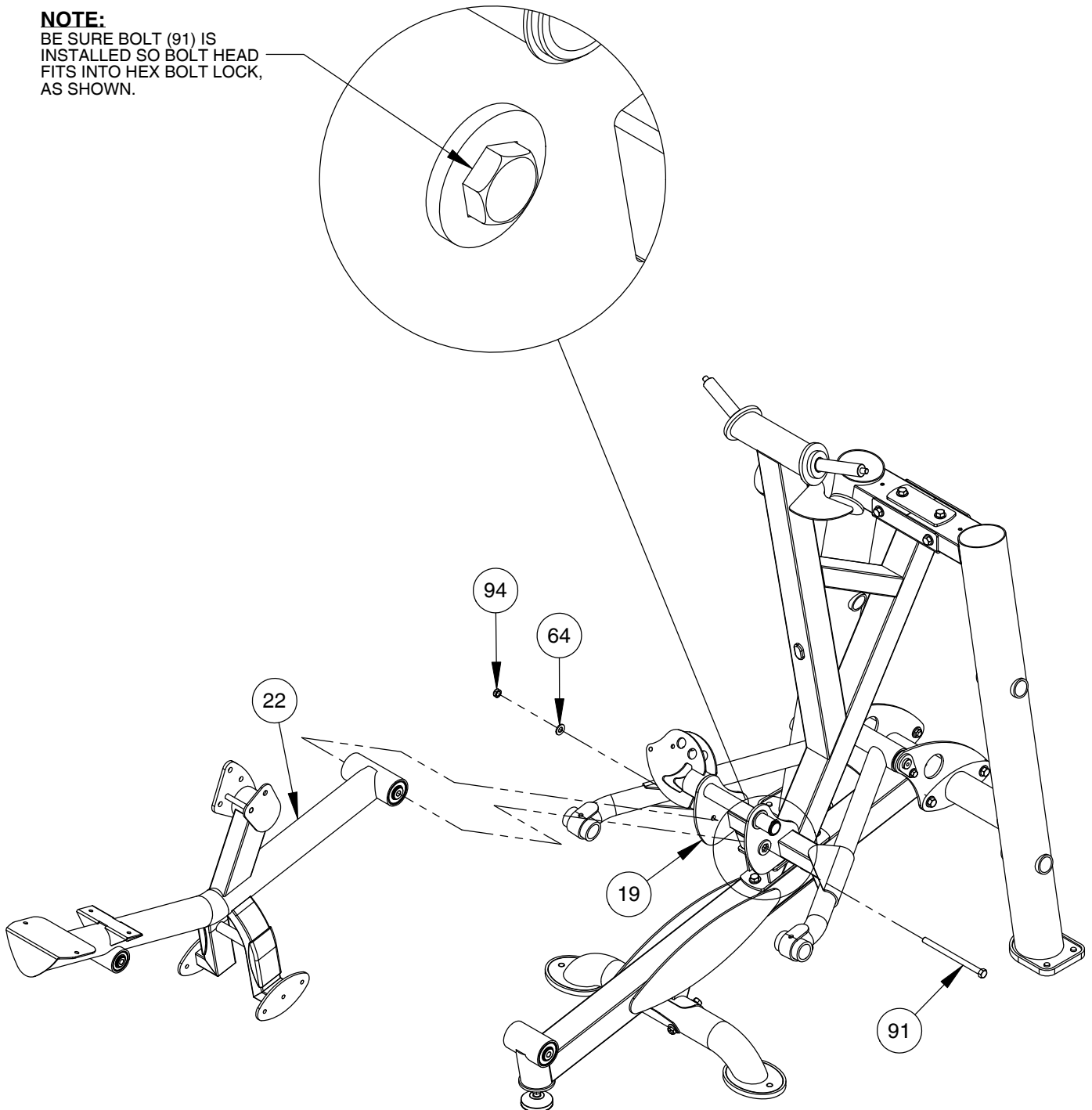
FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

PROPERLY INSTALLED VIEW

NOTE:

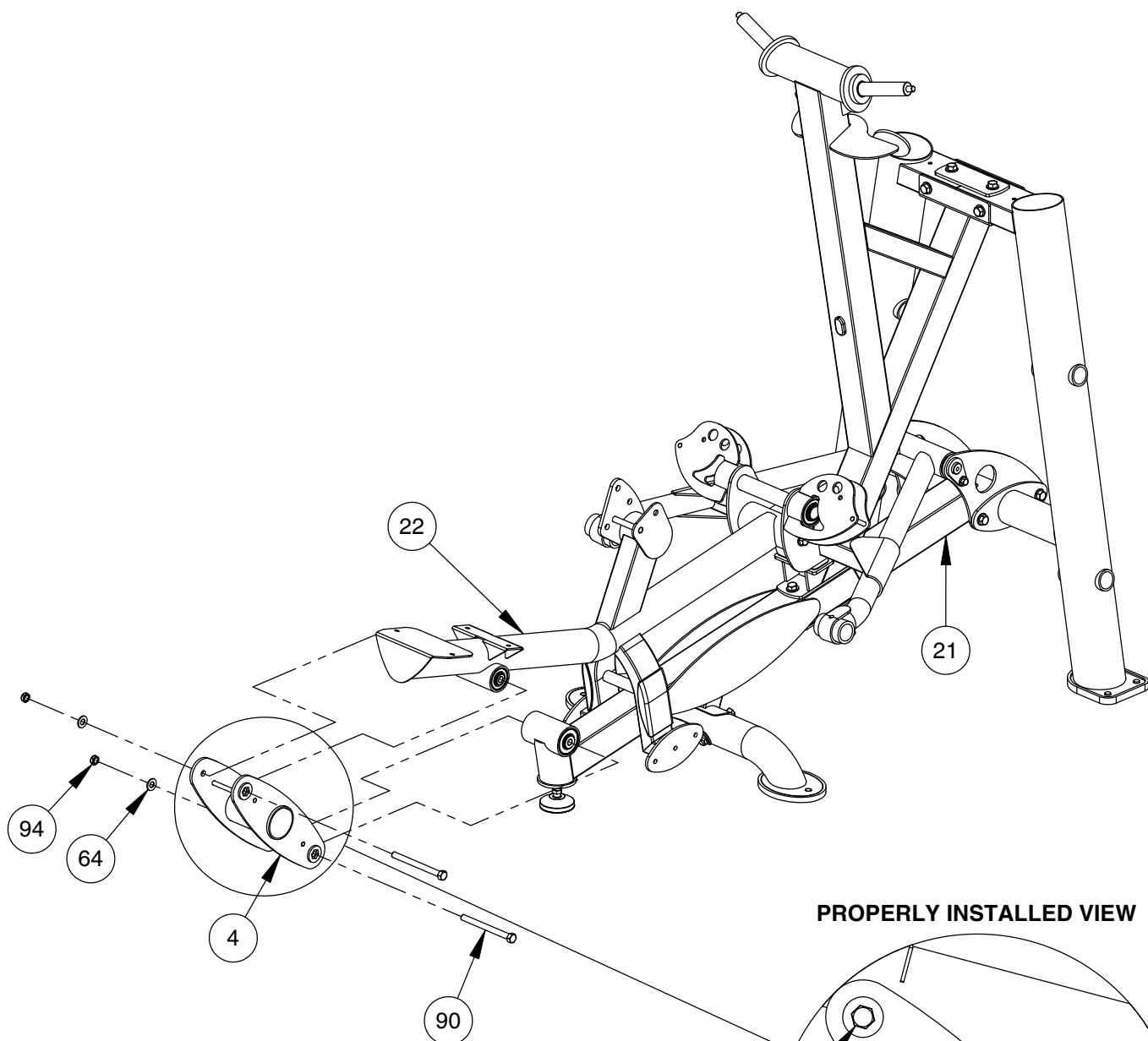
BE SURE BOLT (91) IS
INSTALLED SO BOLT HEAD
FITS INTO HEX BOLT LOCK,
AS SHOWN.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.



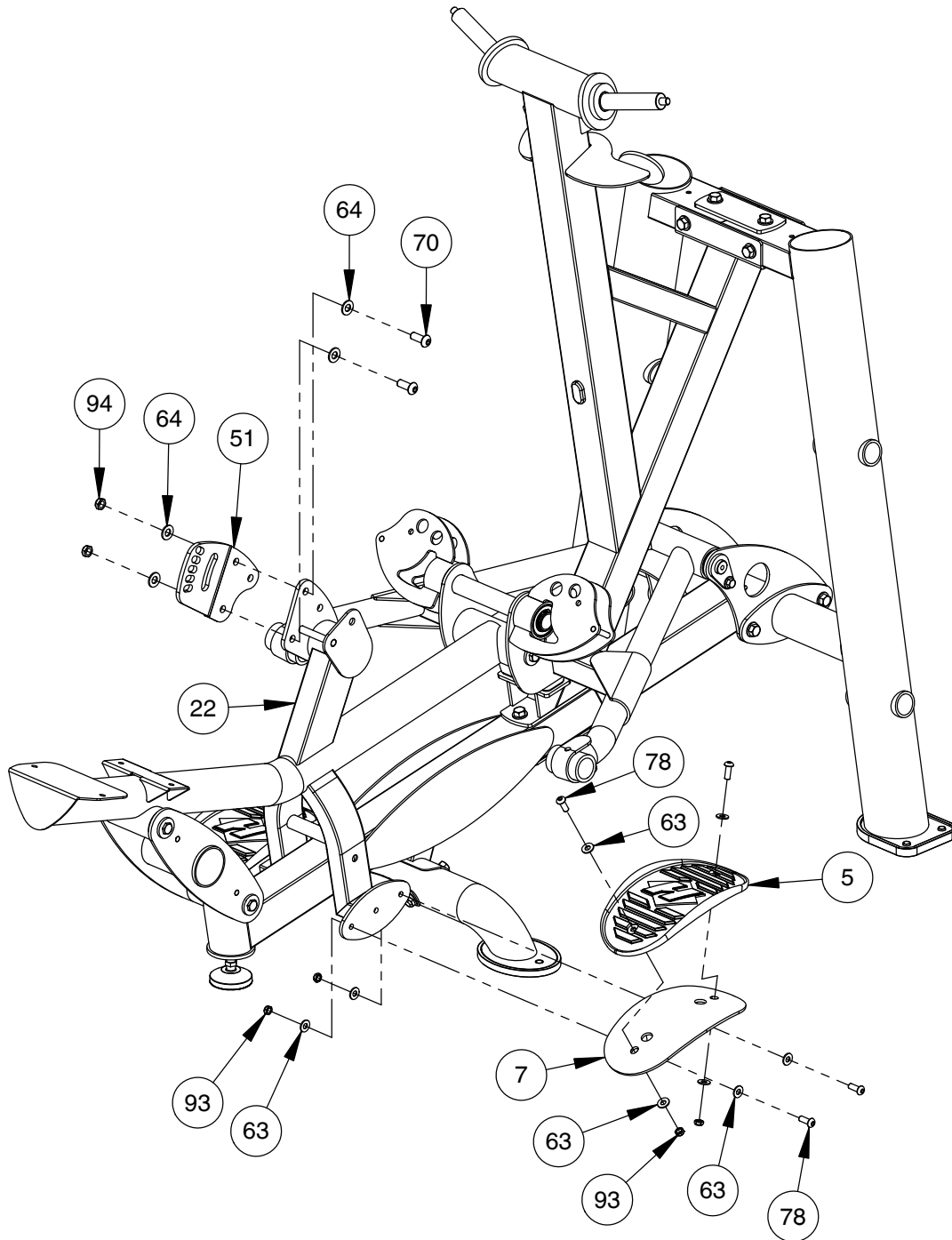
PROPERLY INSTALLED VIEW

NOTE:
BE SURE BOLTS (90) ARE
INSTALLED SO BOLT HEAD
FITS INTO HEX BOLT LOCK,
AS SHOWN.

OWNER'S MANUAL

FRAME ASSEMBLY

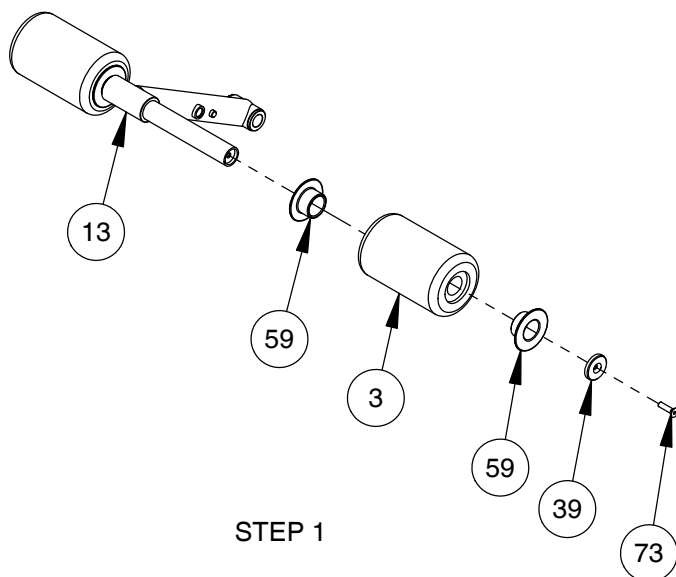
NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



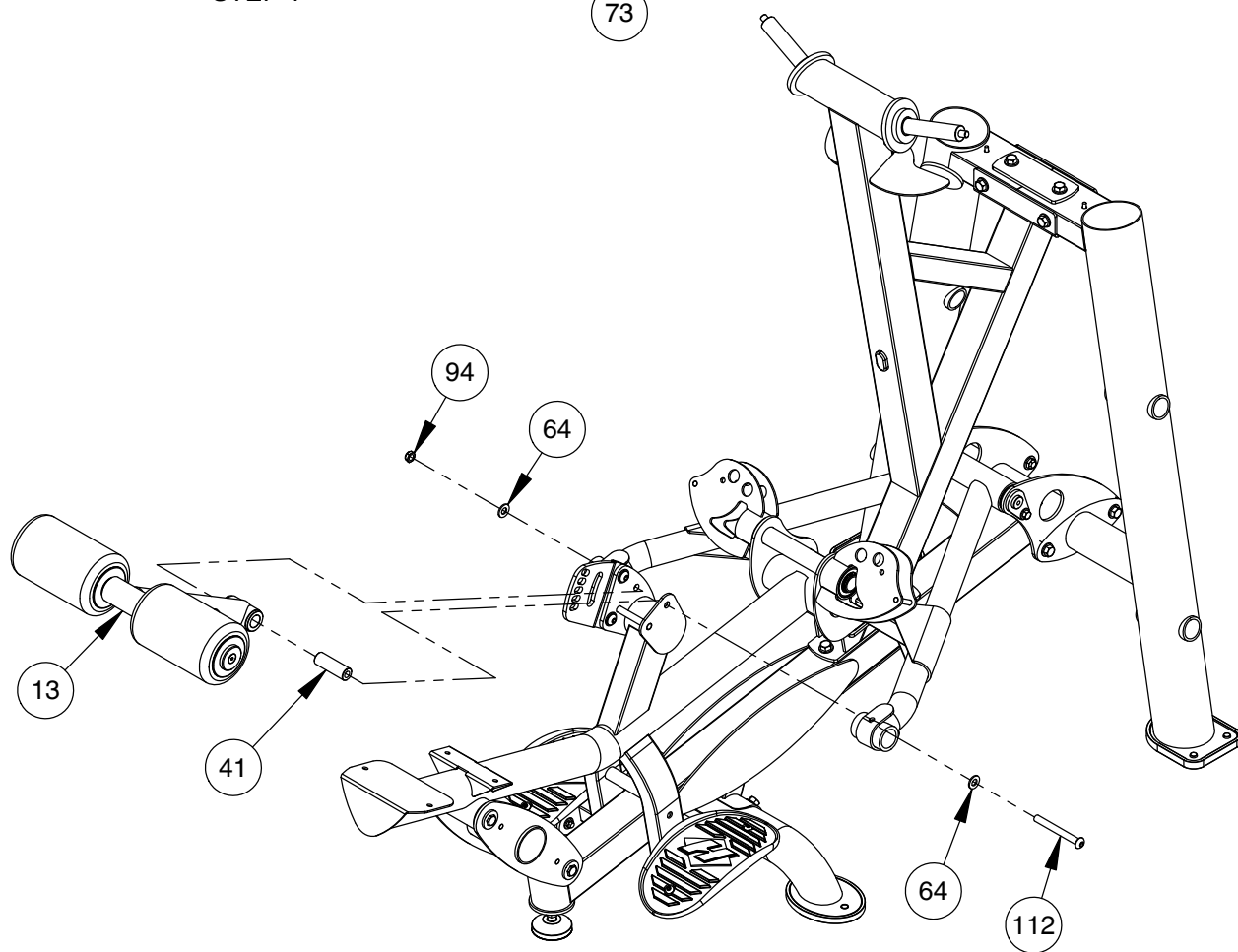
OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



STEP 1



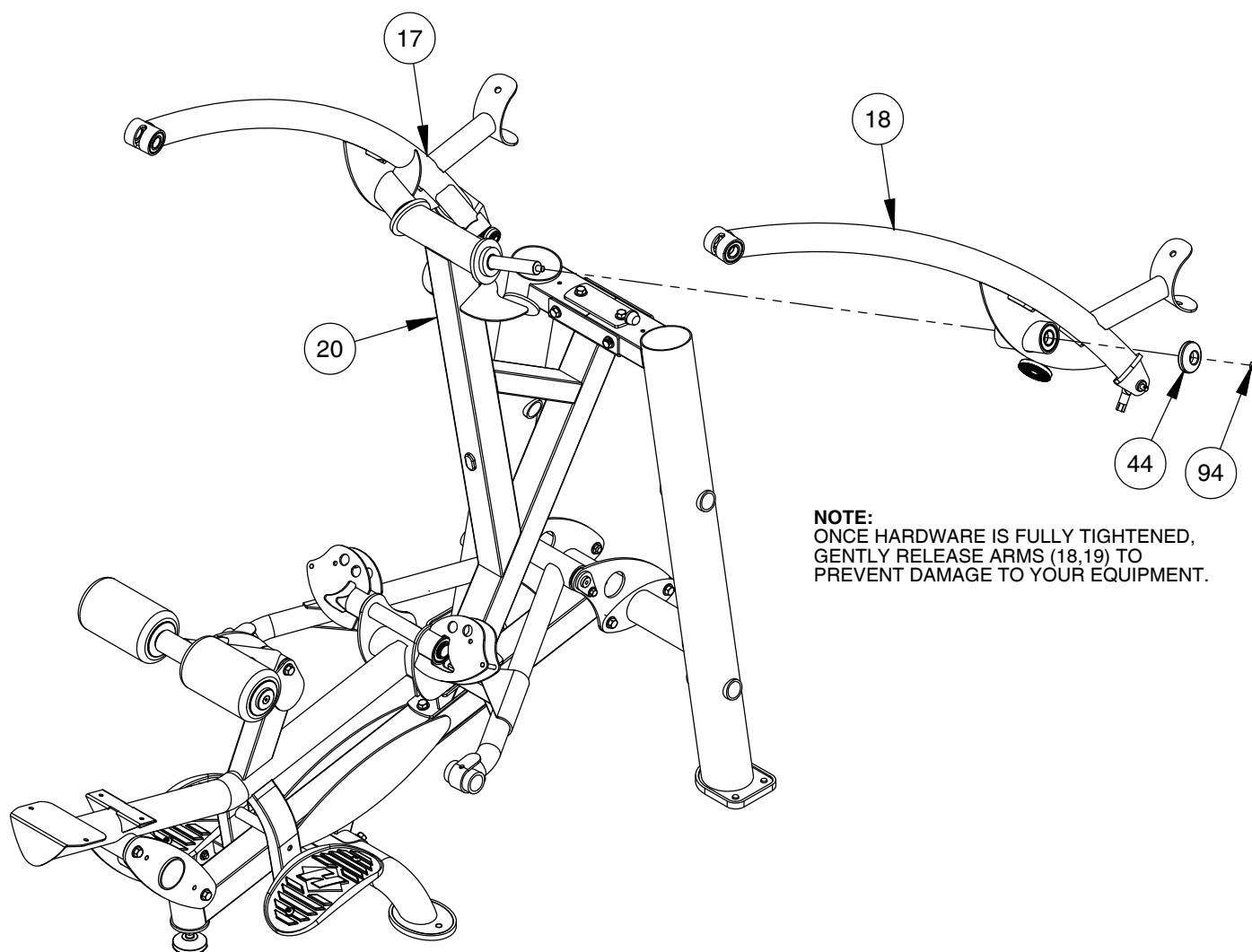
STEP 2

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



NOTE:

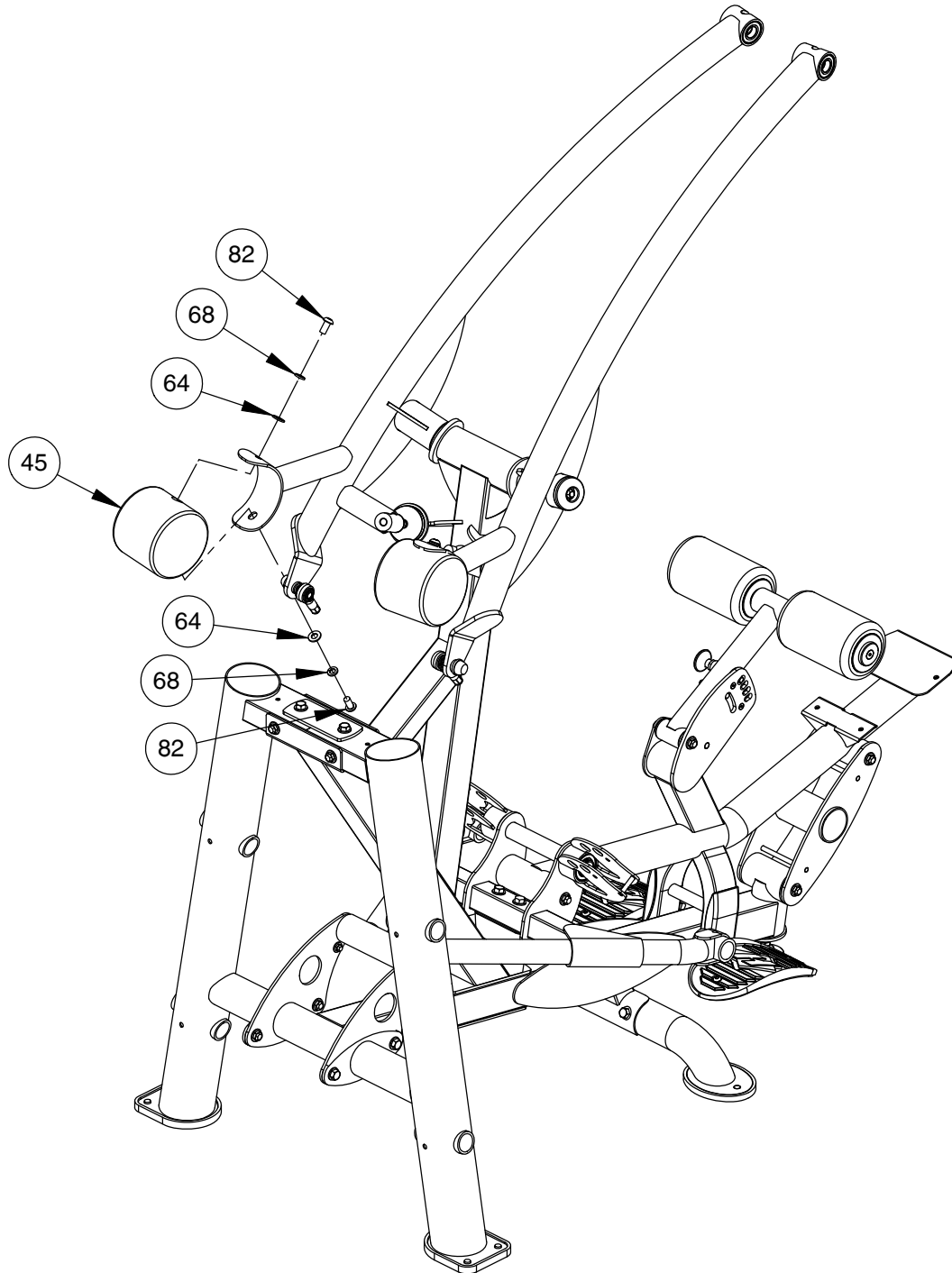
ONCE HARDWARE IS FULLY TIGHTENED,
GENTLY RELEASE ARMS (18,19) TO
PREVENT DAMAGE TO YOUR EQUIPMENT.

OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.



OWNER'S MANUAL

FRAME ASSEMBLY

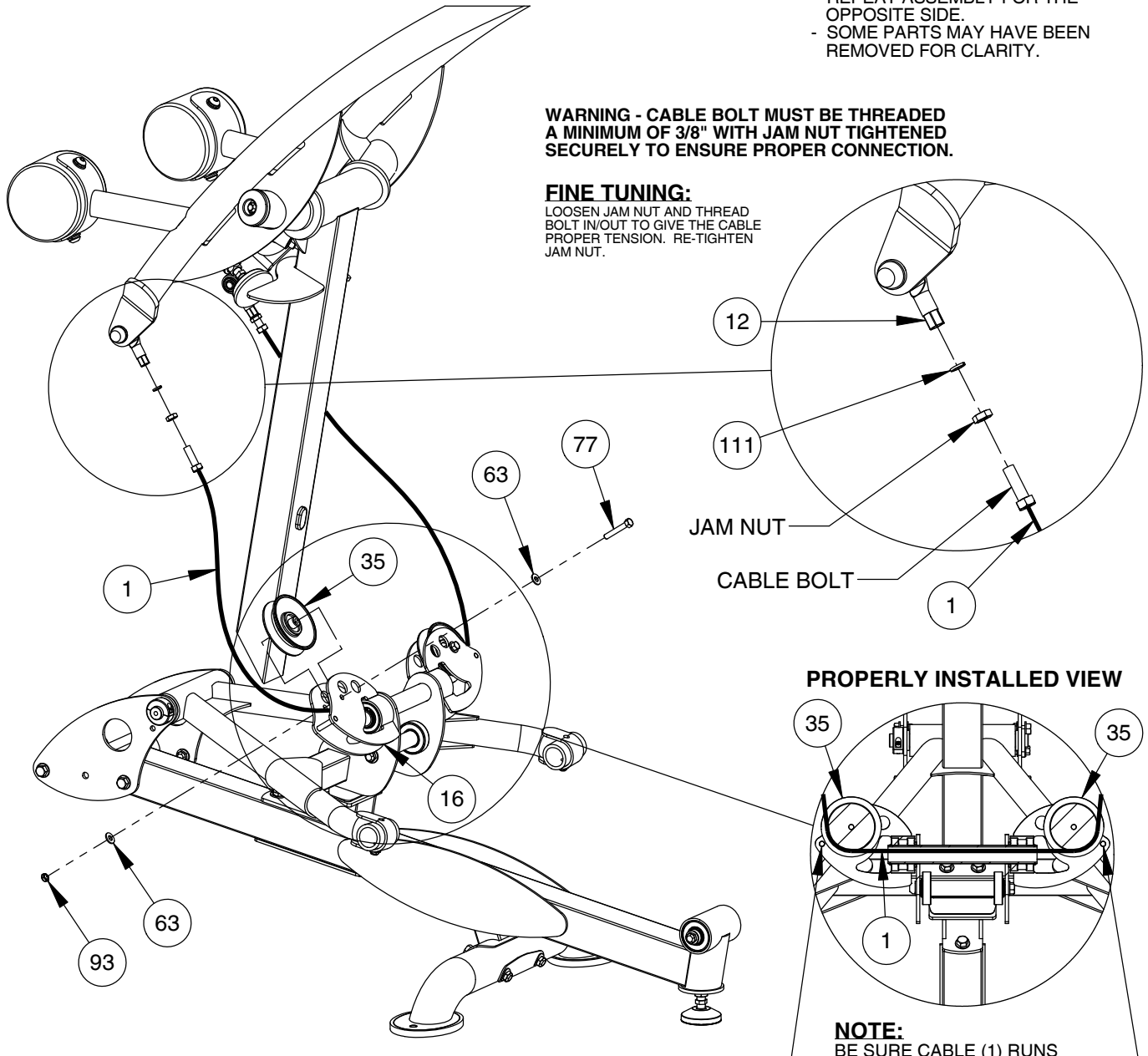
NOTE:

- WRENCH TIGHTEN HARDWARE.
- INSTALL CABLE (1) & PULLEYS (35) AT THE SAME TIME.
- REPEAT ASSEMBLY FOR THE OPPOSITE SIDE.
- SOME PARTS MAY HAVE BEEN REMOVED FOR CLARITY.

WARNING - CABLE BOLT MUST BE THREADED A MINIMUM OF 3/8" WITH JAM NUT TIGHTENED SECURELY TO ENSURE PROPER CONNECTION.

FINE TUNING:

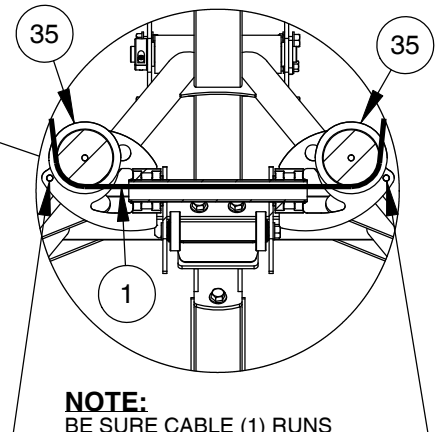
LOOSEN JAM NUT AND THREAD BOLT IN/OUT TO GIVE THE CABLE PROPER TENSION. RE-TIGHTEN JAM NUT.



JAM NUT

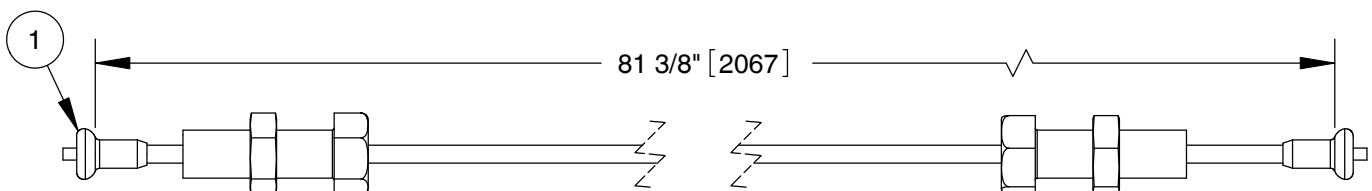
CABLE BOLT

PROPERLY INSTALLED VIEW



NOTE:

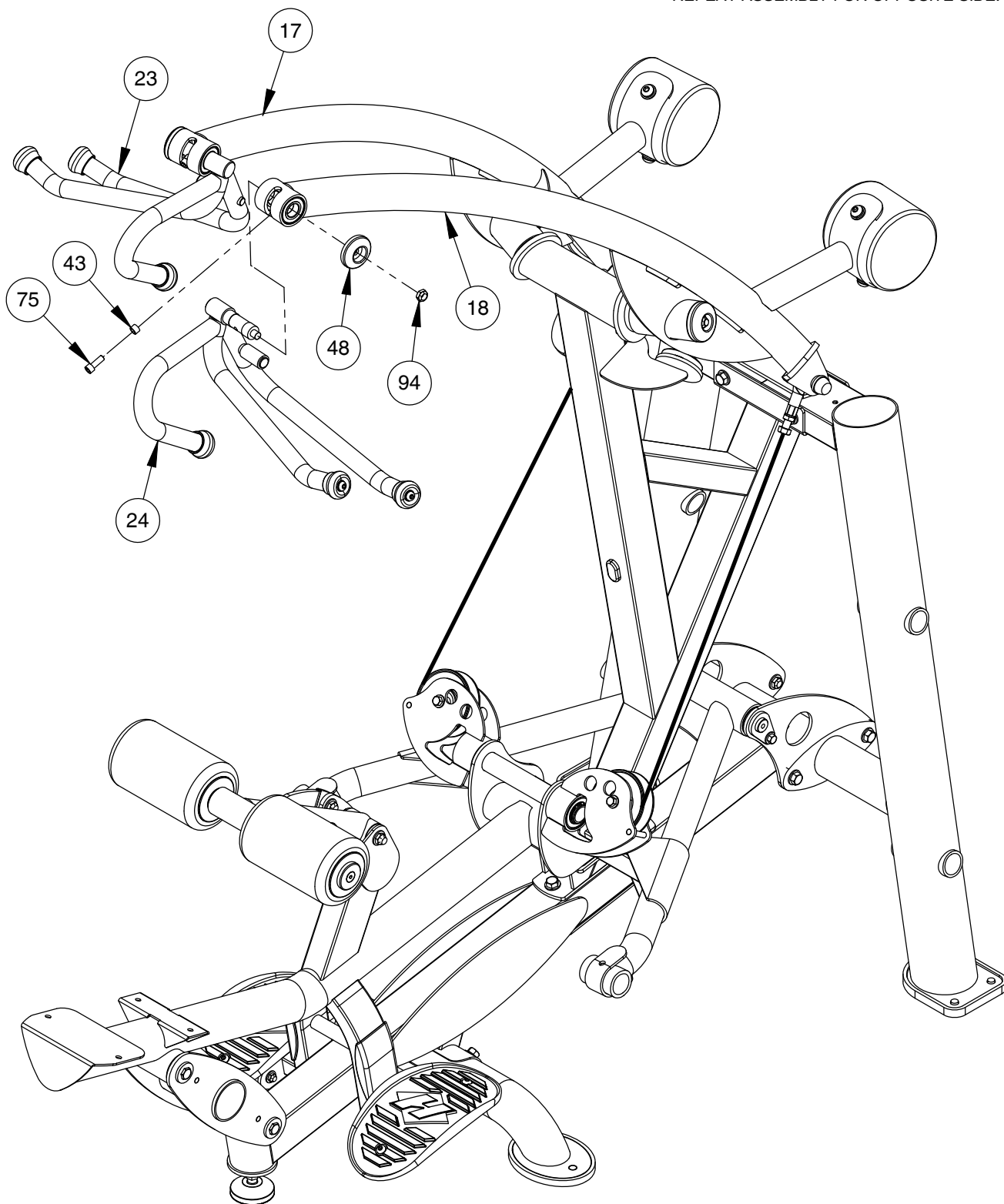
BE SURE CABLE (1) RUNS BETWEEN PULLEYS (35) AND GUARD PINS AS SHOWN.



OWNER'S MANUAL

FRAME ASSEMBLY

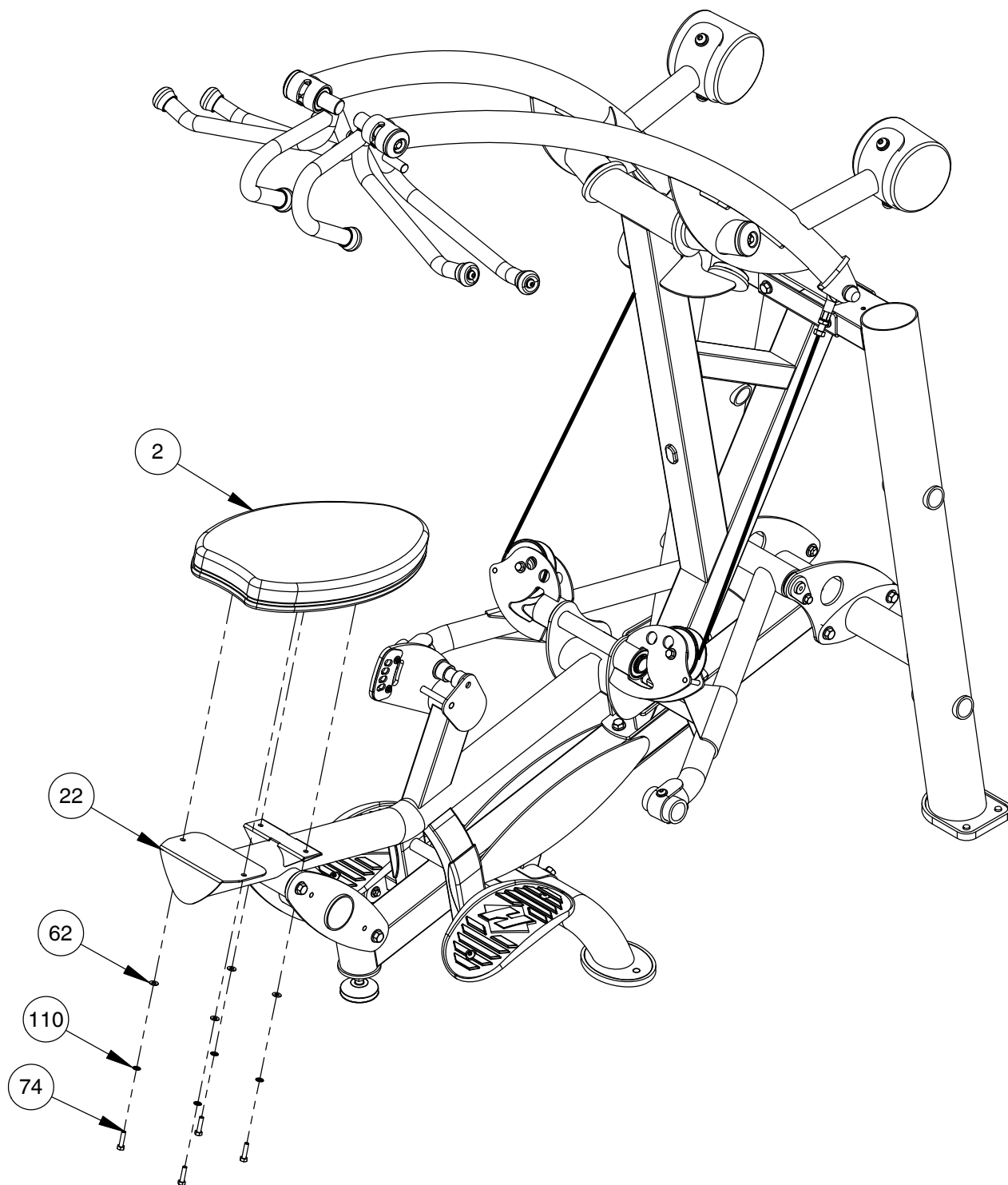
NOTE:
- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



OWNER'S MANUAL

FRAME ASSEMBLY

NOTE:
- WRENCH TIGHTEN HARDWARE.
- SOME PARTS MAY HAVE BEEN REMOVED
FOR CLARITY.

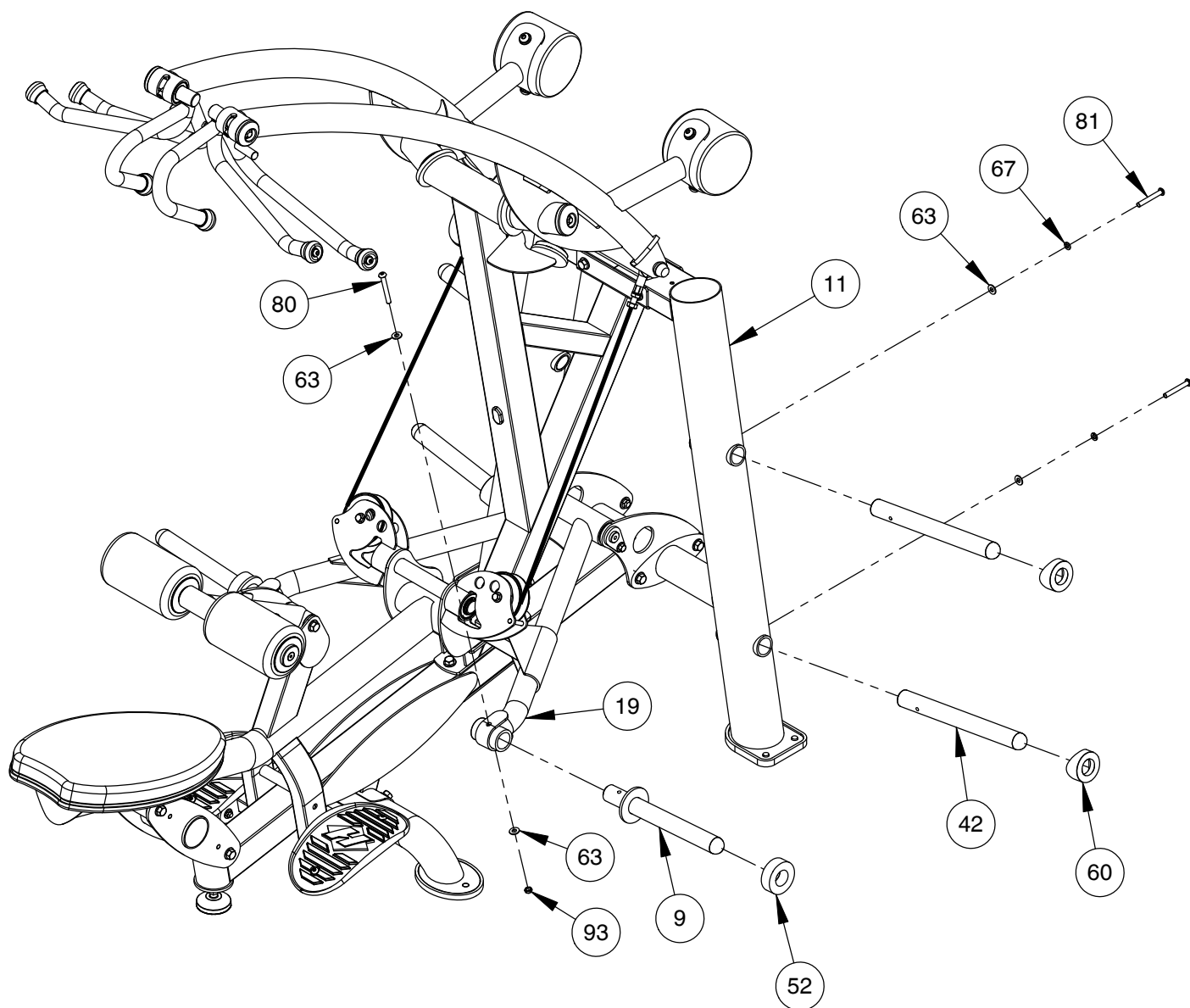


OWNER'S MANUAL

FRAME ASSEMBLY

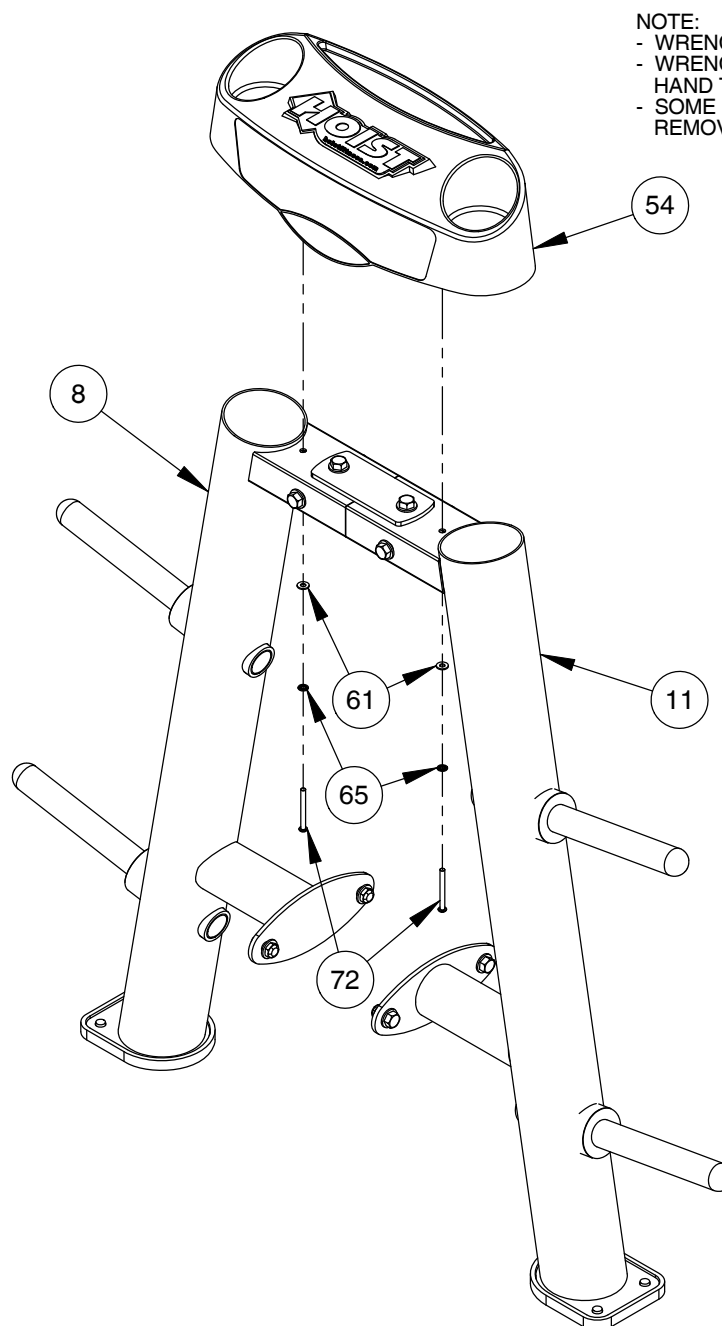
NOTE:

- WRENCH TIGHTEN HARDWARE.
- REPEAT ASSEMBLY FOR OPPOSITE SIDE.



OWNER'S MANUAL

FRAME ASSEMBLY



NOTE:
- WRENCH TIGHTEN HARDWARE.
- WRENCH TIGHTEN ALL PREVIOUSLY
HAND TIGHTENED HARDWARE.
- SOME PARTS MAY HAVE BEEN
REMOVED FOR CLARITY.

IMPORTANT

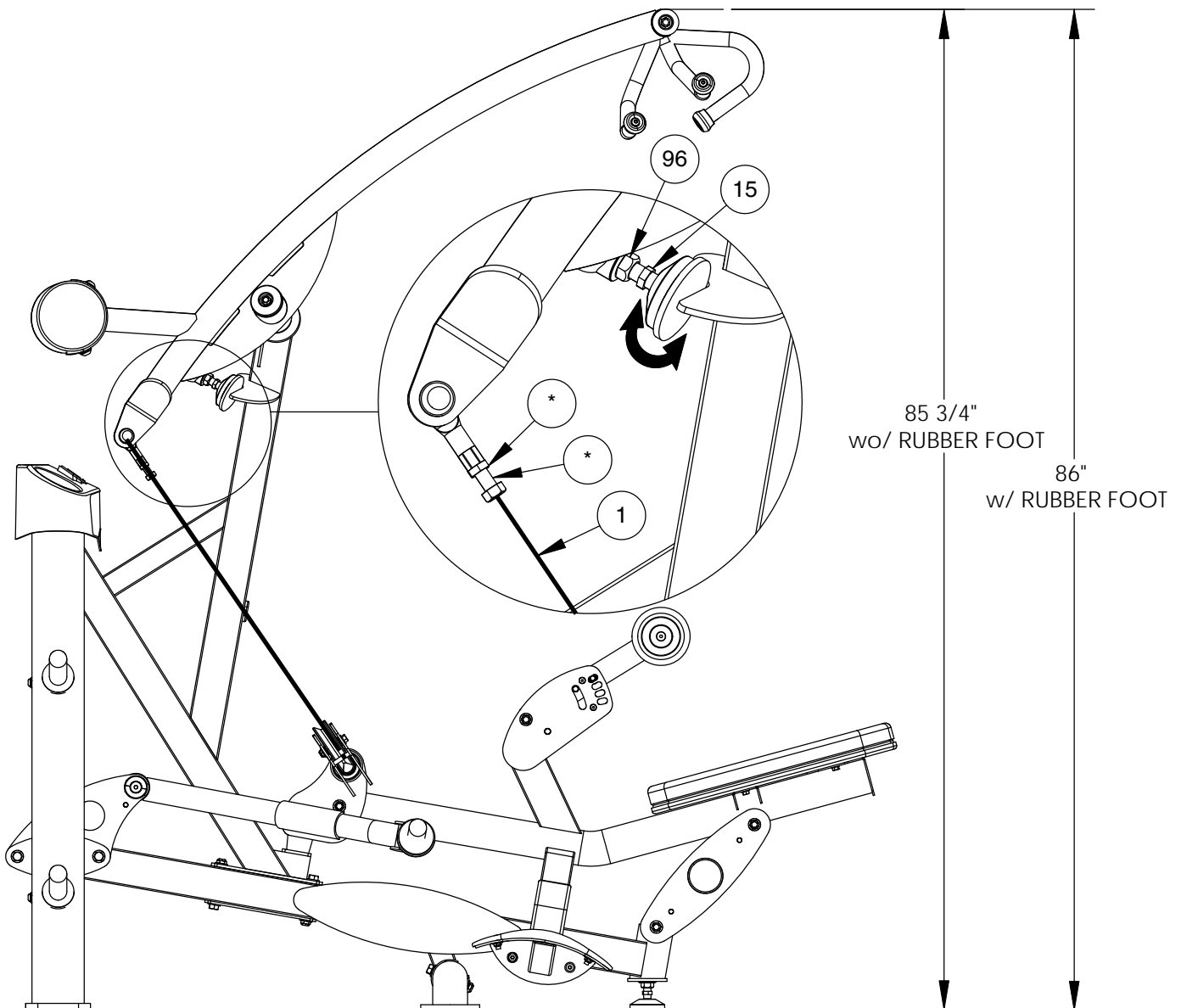
NOW THAT THE RPL-5201-A IS COMPLETELY ASSEMBLED TAKE TIME TO ASSURE THAT YOUR UNIT IS ASSEMBLED SQUARE AND PERPENDICULAR. IF YOUR UNIT IS NOT PERPENDICULAR IN BOTH DIRECTIONS, IT WILL BE NECESSARY TO LOOSEN SOME FRAME HARDWARE TO RE-ALIGN THE FRAME AND RETIGHTEN BOLTS.

OWNER'S MANUAL

MACHINE ADJUSTMENT

MAJOR ADJUSTMENT:

LOOSEN 16mm FLANGED NUTS (96) AND CABLE ANCHOR JAM NUTS (97). ADJUST STOP ASSEMBLIES (15) FOR BOTH PRESS-ARMS SO THAT THE DISTANCE FROM THE FLOOR TO THE HIGHEST POINT OF THE MACHINE MATCHES THIS DRAWING. BE SURE TO RE-TIGHTEN 16mm FLANGED NUTS (96). TIGHTEN CABLE ANCHORS (50) TO REMOVE SLACK FROM THE CABLE (1), AND RETIGHTEN JAM NUTS (97).

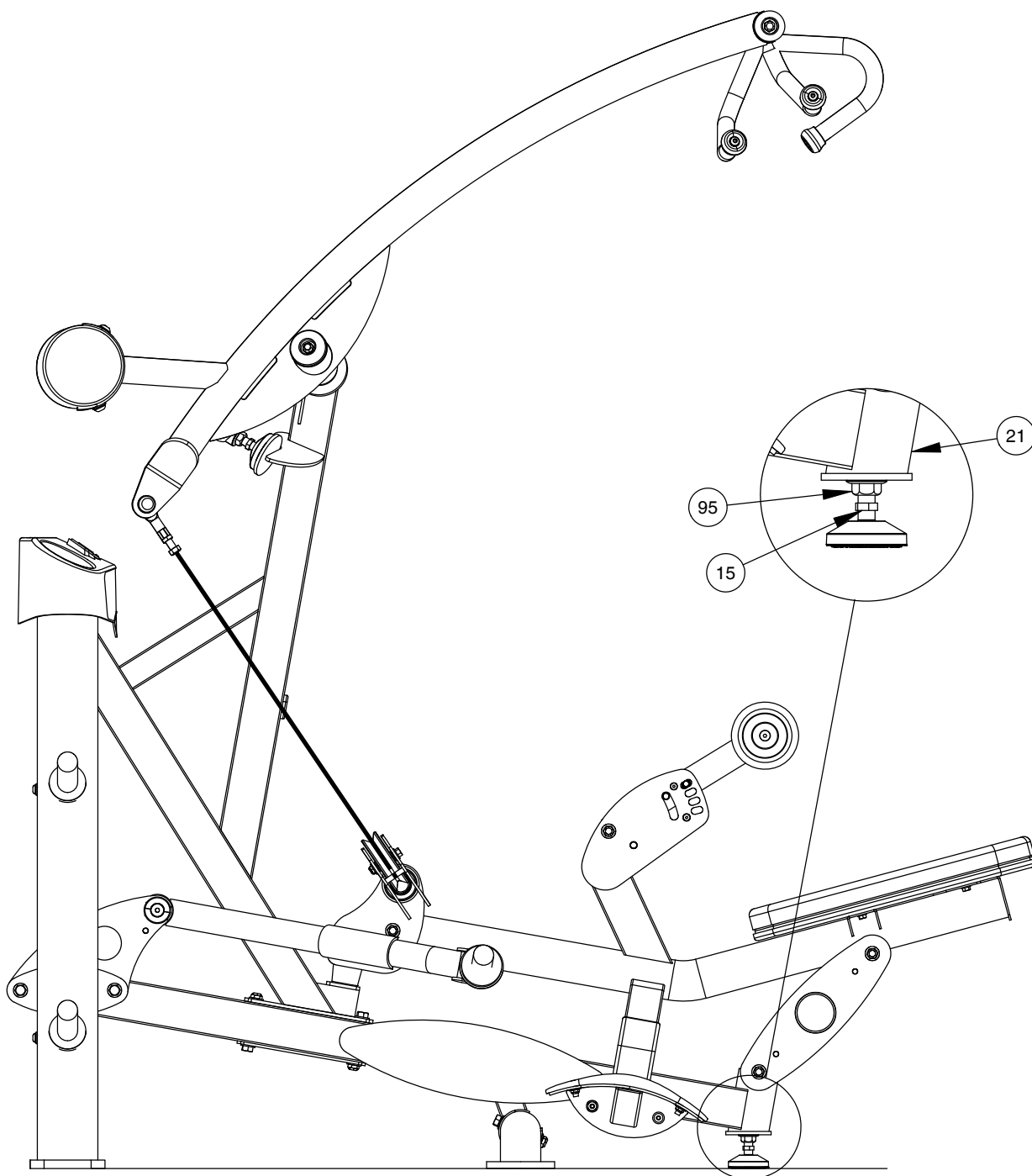


OWNER'S MANUAL

MACHINE ADJUSTMENT

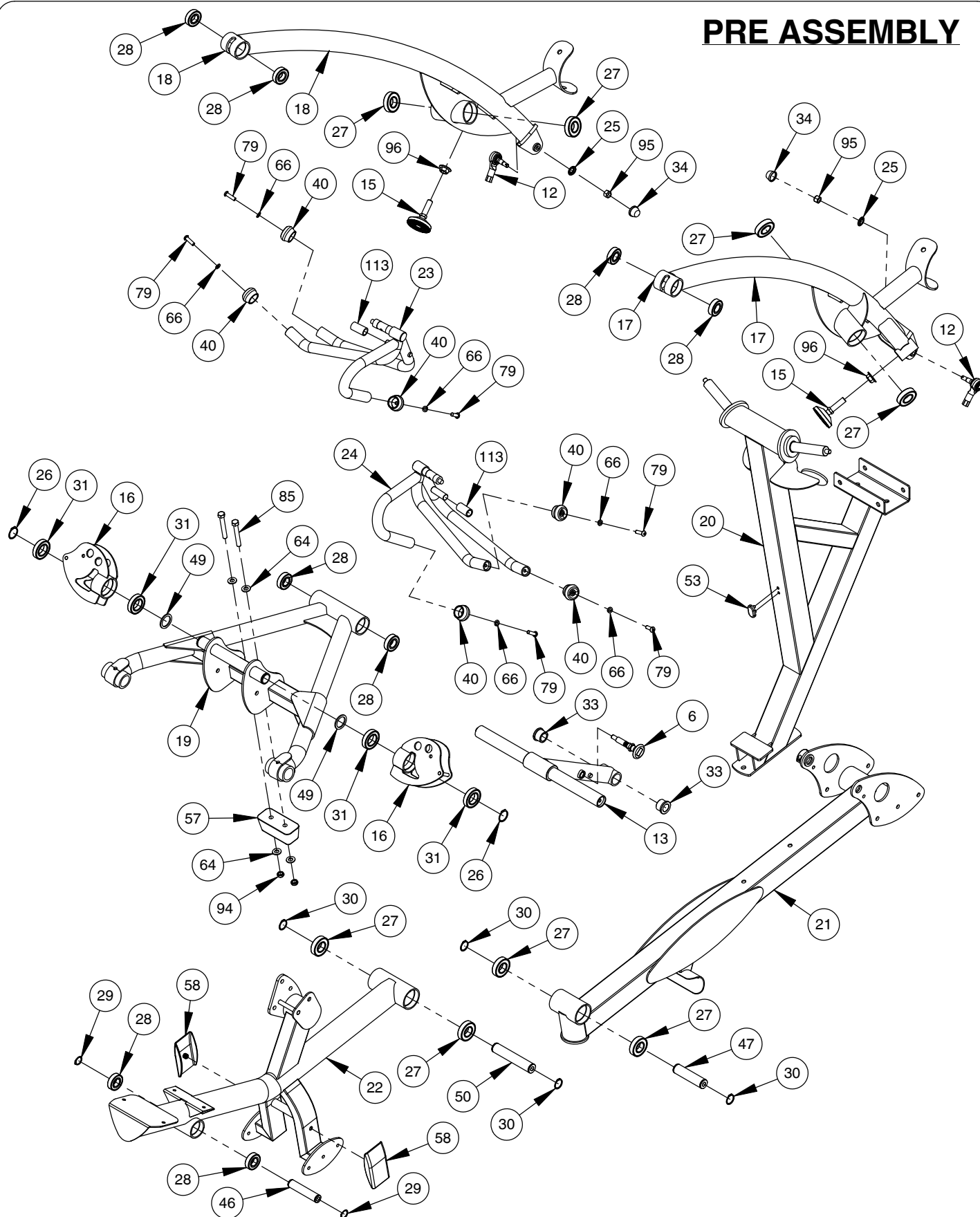
MAJOR ADJUSTMENT:

LOOSEN 16mm FLANGED NUT (96) AND ADJUST LEVELING FOOT ASSEMBLY (15) SO THAT ALL UNIT FOOT PADS ARE IN CONTACT WITH THE FLOOR. ONCE THE PROPER HEIGHT IS REACHED AND ALL FOOT PADS ARE IN CONTACT WITH THE FLOOR, BE SURE TO RE-TIGHTEN 16mm FLANGED NUT.



OWNER'S MANUAL

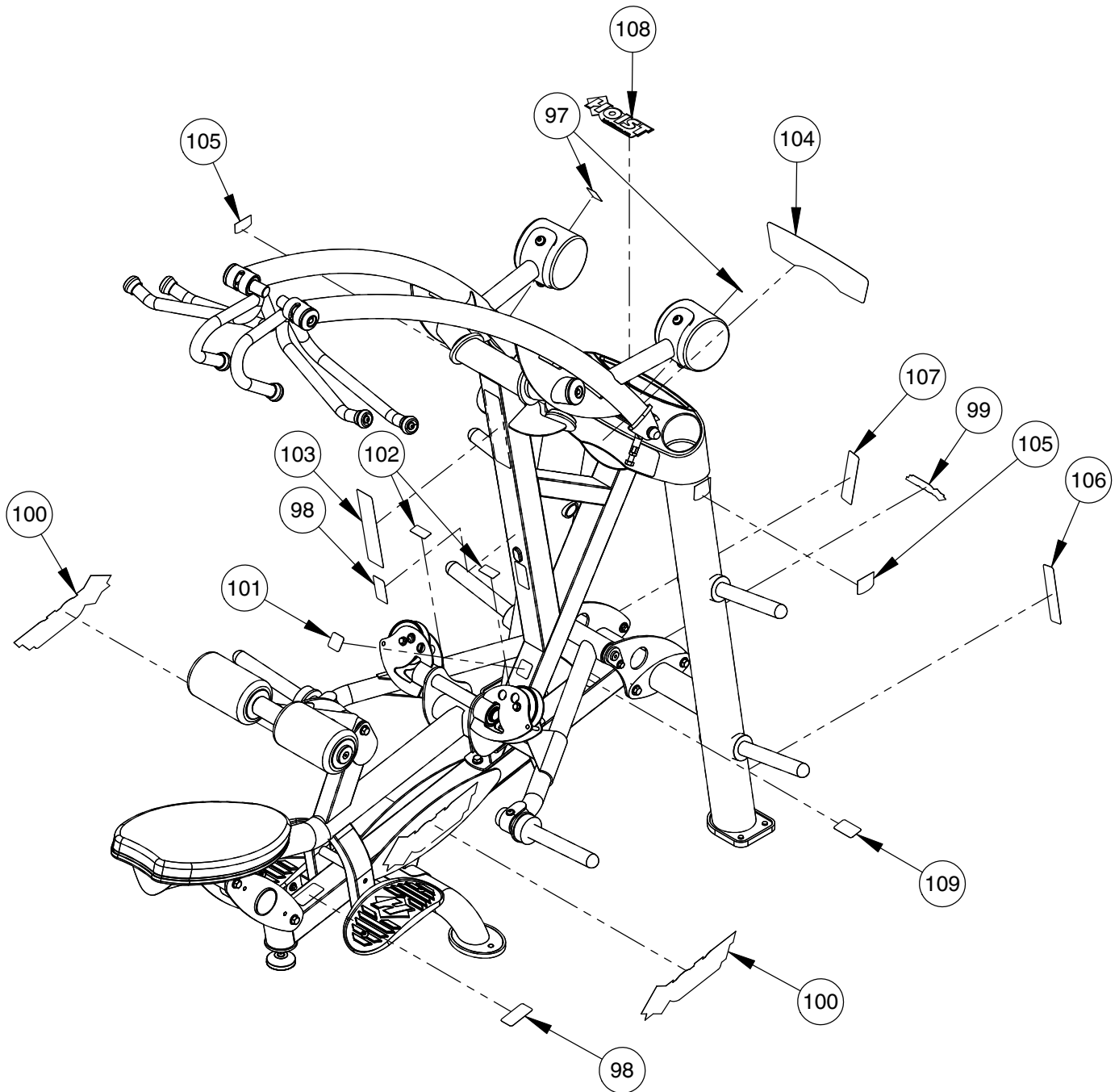
PRE ASSEMBLY



OWNER'S MANUAL

DECAL PLACEMENT

NOTE:
- ALL DECALS ARE CENTERED
UNLESS OTHERWISE STATED.



OWNER'S MANUAL

DECAL REFERENCE



021-0003230



021-0003334



021-0018022



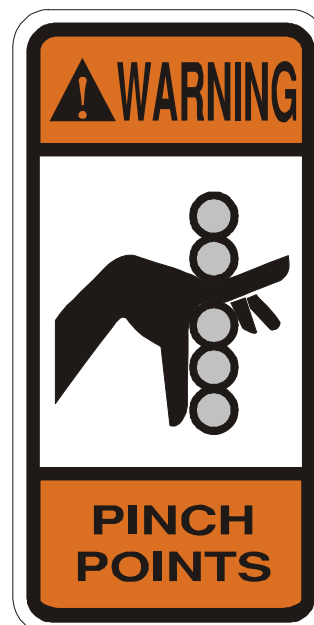
021-0003320



021-0003341



021-0003543



021-0003113

OWNER'S MANUAL

DECAL REFERENCE CONTINUED

CAUTION

1. Your seat is designed to move as you exercise.
2. Keep feet on footrests and hands on handles at all times.
3. Do not enter or exit the machine unless it is in the start position and stationary.
4. Exercise arms are designed to move independently.
5. Read all warnings prior to use.

ROGIT
PLATE LOADED

START

BACK

INSTRUCTIONS

1. **ADJUST** roller pad to rest on thighs.
2. Be sure all pull pin plungers are completely engaged.
3. Stand and grasp handles. Sit with feet on footrests.
4. Pull hands down to chin level. **EXERCISE.**

EXERCISE VARIATIONS

- Bilateral (Both arms together)
- Unilateral (One arm at a time)
- The Pump (Alternate arms rapidly)

LAT PULLDOWN
RPL-5201A

021-0003688



021-0003405

HANDLE INSTRUCTIONS

**IF OVER 6' FEET TALL
USE UPPER HANDLES**

**IF UNDER 6' FEET TALL
USE LOWER HANDLES**

021-0003710

HOIST

1-800-548-5438
www.hoistfitness.com
SERIAL # 00-00-000000

SERIAL # DECAL

NOTICE	MAINTENANCE SCHEDULE				Frequency
	Daily	Weekly	Monthly	Yearly	
Inspect: Linker, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	X				
Clean: Upholstery	X				
Inspect: Cables or Belts and their tension	X				
Inspect: Accessory Bars and Handles	X				
Inspect: All Decals	X				
Inspect: All nuts and Bolts Tighten if Needed.	X				
Inspect: Anti-Skid Surfaces	X				
Clean & Lubricate: Guide Rods with a Teflon (PTFE) based Lubricant (Superlube)		X			
Lubricate: Seat Sleeves, Turcite Bushings, Linear Bearing			X		
Clean & Wax: All Glossy Finishes				X	
Repack with Grease Linear Bearings				X	
Replace: Cables, Belts and Connecting Parts.					X

021-0003008

WARNING

USE ONLY GENUINE REPLACEMENT PARTS. FAILURE TO DO SO WILL VOID WARRANTY AND COULD RESULT IN PERSONAL INJURY OR EVEN DEATH. THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT TO MINIMIZE THE RISK. ALWAYS FOLLOW THESE SIMPLE RULES.

1. READ & UNDERSTAND ALL ENCLOSED INSTRUCTIONS before using this equipment.
2. INSPECT EQUIPMENT BEFORE EACH USE. Replace all parts at the first signs of wear or damage. If in doubt about a certain part, DO NOT use the equipment until the part is replaced. Failure to replace worn or damaged parts may result in injury.
3. FOLLOW ROUTINE MAINTENANCE SCHEDULE
4. CONSULT YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PROGRAM. Warm up properly before engaging in weight resistance training. Stop exercising if you feel faint or dizzy.
5. TO PREVENT THE POSSIBILITY OF SERIOUS INJURY, KEEP CLEAR OF ALL MOVING PARTS. Do not attempt to use any jammed part by yourself. Obtain assistance in order to avoid possible injury.
6. Take your time and do not rush the exercise. Practice proper breathing. NEVER hold your breath.
7. CHILDREN SHOULD NOT BE ALLOWED TO USE THIS EQUIPMENT WITHOUT ADULT SUPERVISION. To avoid possible injury, bystanders should be kept at a safe distance when this equipment is in use.
8. CALL YOUR AUTHORIZED DISTRIBUTOR if you have any questions on the proper use or maintenance of this equipment.

021-0003135

OWNER'S MANUAL

THIS PAGE WAS INTENTIONALLY LEFT BLANK

OWNER'S MANUAL

PART LIST

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	010-01C0407	CABLE ASSEMBLY: RPL-5201-A 81 3/8" LG.	1
2	022-01PD2056	SEAT PAD ASSEMBLY	1
3	022-01PDR018	ROLLER PAD Ø5.00" X 8.00" LG.	2
4	026-01X2396	REAR LINK ASSEMBLY	1
5	026-01X2402	FOOT PLATE ASSEMBLY	2
6	026-01X2784	PULL-PIN ASSEMBLY	1
7	026-01X2975	FOOT PLATE MOUNT ASSEMBLY	2
8	026-01X3294	REAR UPRIGHT LEFT ASSEMBLY	1
9	026-01X3305	WEIGHT HORN ASSEMBLY	2
10	026-01X3310	FOOT ASSEMBLY	1
11	026-01X3377	REAR UPRIGHT RIGHT ASSEMBLY	1
12	026-01X3420	TIE-ROD END RIGHT HANDED ASSEMBLY	2
13	026-01X3433	ADJUSTABLE ROLLER PAD MOUNT	1
14	026-01X3536	SHAFT, ROCKING LINK	1
15	026-01X5186	LEVELING FOOT (M16X2.0)	3
16	026-01X5415	SWIVEL PULLEY HOUSING	2
17	026-01X5416	PULL ARM LEFT	1
18	026-01X5419	PULL ARM RIGHT	1
19	026-01X5420	LIFT ARM	1
20	026-01X5421	CENTER UPRIGHT ASSEMBLY	1
21	026-01X5422	BASE FRAME ASSEMBLY	1
22	026-01X3808	USER SUPPORT ASSEMBLY	1
23	026-01X5453	HANDLE ASSEMBLY, LEFT	1
24	026-01X5454	HANDLE ASSEMBLY, RIGHT	1
25	013-0001003	.50" CAP WASHER	2
26	014-0015023	EXTERNAL SNAP RING 1.38" DIA.	2
27	014-0012013	BEARING: BALL BEARING Ø2.44" O.D. X Ø1.18" I.D.	8
28	014-0012014	FLANGELESS BEARING - 25mm I.D.	8
29	014-0012018	SNAP RING - 25mm EXTERNAL	2
30	014-0012019	SNAP RING - 30mm EXTERNAL	4
31	014-0012020	BEARING - FLANGELESS BALL 2.44 " O.D. X 35MM" I.D. X .55" WIDE	4
32	014-0019005-1	T SPLIT COLLAR THREADED Ø1.00" I.D. X 20mm	1
33	014-0101005	BUSHING: OILITE FLANGED Ø1.38" O.D. X Ø1.00" I.D. X .81" LG.	2
34	016-0003001	.50" CAP WASHER CAP	2
35	018-0002014	CABLE PULLEY: WIDE (BORED HUB) Ø4.50"	2
36	026-01F0251	BRACKET PLATE: 2 HOLES 7.00" X 2.75"	1
37	026-01F0300	FLNG-B, .188" X Ø3.00" X 6.25" LG.	1
38	026-01F0316	8" FLNG.	1
39	026-01M0238	FLATHEAD CAP Ø2.00" ALUM.	2
40	026-01M0932	ALUMINIUM CAP: Ø1.25" ID	6

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
41	026-01M1032	SHAFT \varnothing 1.00" X 2.97" LG.	1
42	026-01M1185	WEIGHT HORN SHAFT 15.00"LG.	4
43	026-01M2043	BOLT STAND-OFF	2
44	026-01M2356	END CAP: DOMED \varnothing 2.75" O.D.	2
45	026-01M2358	30 LB. COUNTERWEIGHT, RUBBER COATED	2
46	026-01M2360	SHAFT - \varnothing 25mm X 4.71" LG.	1
47	026-01M2629	SHAFT - \varnothing 1.181" X 4.71" LG.	1
48	026-01M2647	END CAP: DOMED \varnothing 2.75" O.D.	2
49	026-01M2724	WASHER, 1.88" OD X 1.41" ID X .125" T	2
50	026-01M2729	SHAFT - \varnothing 1.181 X 6.34 LG.	1
51	026-01P5137	ROM PLATE	1
52	026-01PL0264	WEIGHT HORN RUBBER DONUT	2
53	026-01PL2005	PLUG BUMPER (2 STEM)	1
54	026-01PL2236	TOP CAP W/INSERTS	1
55	026-01PL2122-B	OVAL-SHAPED RUBBER FOOT	2
56	026-01PL2131	D-SHAPED RUBBER FOOT	2
57	026-01PL2246	DUAL HOLE BUMPER 2.05" THICK	1
58	026-01PL2247	PLASTIC SCUFF GUARD 5.60" ANGLED	2
59	026-01PL0310	PLASTIC BUSHING	4
60	026-01PL2313	WEIGHT HORN RUBBER DONUT W/ 3.750 COPE	4
61	013-0002003	1/4" X 16mm SAE FLAT WASHER (WZ)	2
62	013-0302008	5/16" SAE FLAT WASHER (WZ)	4
63	013-0402007	3/8" X 22mm FLAT WASHER (WZ)	30
64	013-0102003	1/2" X 27mm SAE FLAT WASHER (WZ)	37
65	013-0102029	1/4" SPLIT LOCK WASHER (WZ)	2
66	013-0402011	3/8" SPLIT LOCK WASHER (SS)	6
67	013-0102020	3/8" SPLIT LOCK WASHER (WZ)	4
68	013-0903002	1/2" SPLIT LOCK WASHER (WZ)	4
69	013-0202007	1/2" CURVED WASHER (WZ)	4
70	011-0101051	1/2"-13UNC X 1.25" BHCS (WZ)	2
71	011-0007097	1/4"-20UNC X .75" SHCS (BZ)	2
72	011-0101122	1/4"-20UNC X 2.50" BHCS (WZ) w/ NYLON PATCH	2
73	011-0002043	3/8"-16UNC X 1.50" FHCS (WZ)	2
74	011-0107011	5/16"-18UNC X 1.25" HHB (WZ)	4
75	011-0101063	3/8"-16UNC X 1.00" SHCS (WZ)	2
76	011-0407022	3/8"-16UNC X 1.00" HHB (WZ)	1
77	011-0107026	3/8"-16UNC X 2.25" HHB (WZ)	2
78	011-0101026	3/8"-16UNC X 1.00" BHCS (WZ)	8
79	011-0401002	3/8"-16UNC X 1.25" BHCS (SS)	6
80	011-0101048	3/8"-16UNC X 3.00" BHCS (WZ)	2

OWNER'S MANUAL

PART LIST CONTINUED

NOTE: SOME OF THESE PARTS MAY COME PRE-INSTALLED

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
81	011-0101016	3/8"-16UNC X 2.75" BHCS (WZ)	4
82	011-0101020	1/2"-13UNC X 1.00" BHCS (WZ)	4
83	011-0407042	1/2"-13UNC X 1.00" HHB (WZ)	4
84	011-0407016	1/2"-13UNC X 3.00" HHB (WZ)	2
85	011-0407000	1/2"-13UNC X 3.50" HHB (WZ)	2
86	011-0107050	1/2"-13UNC X 3.75" HHB (WZ)	2
88	011-0407047	1/2"-13UNC X 4.00" HHB (WZ)	2
89	011-0107014	1/2"-13UNC X 5.00" HHB (WZ)	2
90	011-0107036	1/2"-13UNC X 5.75" HHB (WZ)	2
91	011-0107066	1/2"-13UNC X 7.50" HHB (WZ)	1
93	012-0104008	3/8"-16 UNC THIN NYLOCK NUT (WZ)	13
94	012-0304011	1/2"-13 UNC THIN NYLOCK NUT (WZ)	24
95	012-0104013	12mm THICK NYLOCK NUT (WZ)	2
96	012-0103001	16M X 2.0 FLANGED NUT (WZ)	3
97	021-0003543	DECAL MOVING PARTS 1.20" X 2.38" (VERTICAL)	2
98	021-0003113	DECAL PINCH POINT 1.63" X 3.25" (VERTICAL)	2
99	021-0003230	DECAL HOIST 1.625" X 6.0613"	1
100	021-0003334	DECAL HOIST 3.88" X 14.45"	2
101	021-0003320	DECAL 800 LB. WEIGHT RATING (1.63" X 1.63")	1
102	021-0003341	DECAL PINCH POINT 1.07" X 2.13" (HORIZONTAL)	2
103	021-0003710	RPL-5201 HANDLE HEIGHT DECAL	1
104	021-0003688	RPL-5201 LAT PULLDOWN PLACARD	1
105	021-0003405	DECAL ROX	2
106	021-0003008	DECAL COMMERCIAL MAINTENANCE 1.50 X 6.69	1
107	021-0003135	DECAL WARNING 1.50" X 6.69"	1
108	021-0018022	DECAL HOISTFITNESS.COM LOGO	1
109	SERIAL # DECAL	DECAL HOIST SERIAL # 1.63" X 2.63"	1
110	013-0102007	5/16" INTERNAL LOCK WASHER (WZ)	4
111	013-0303009	M12 SPLIT LOCK WASHER (WZ)	2
112	011-0101079	1/2"-13UNC X 4.50" BHCS (WZ)	1
113	026-01PL2295	RUBBER TUBE ϕ .75" X 1.88"	2

OWNER'S MANUAL

ABBREVIATIONS

BZ = Black Zinc

WZ = White Zinc

HHB = Hex Head Bolt

FHCS = Flat Head Cap Screw

BHCS = Button Head Cap Screw

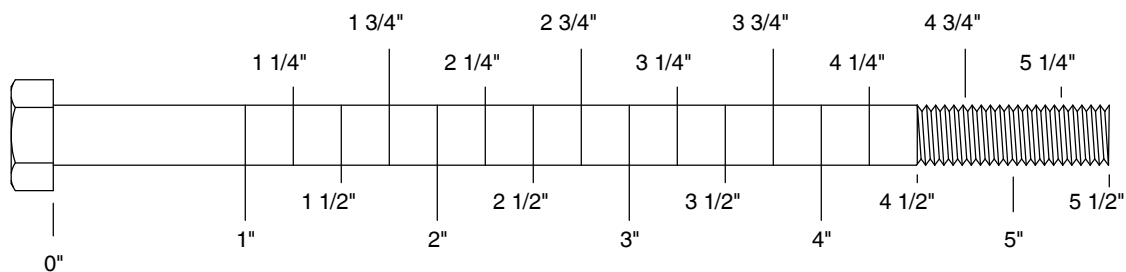
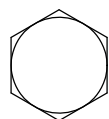
SHCS = Socket Head Cap Screw

SHSS = Socket Head Shoulder Screw

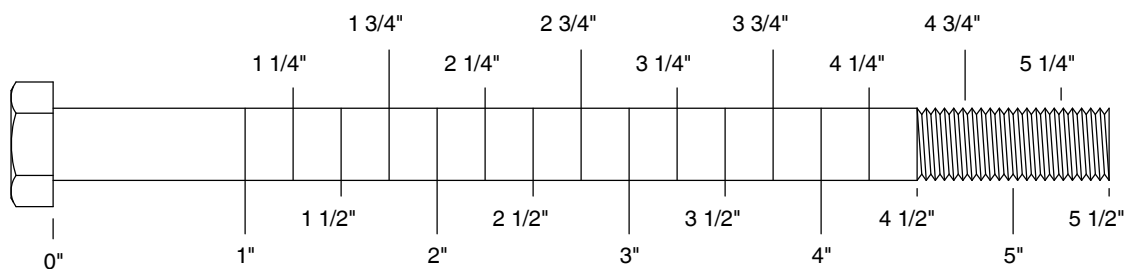
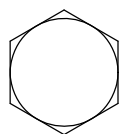
OWNER'S MANUAL

BOLT SIZING CHART

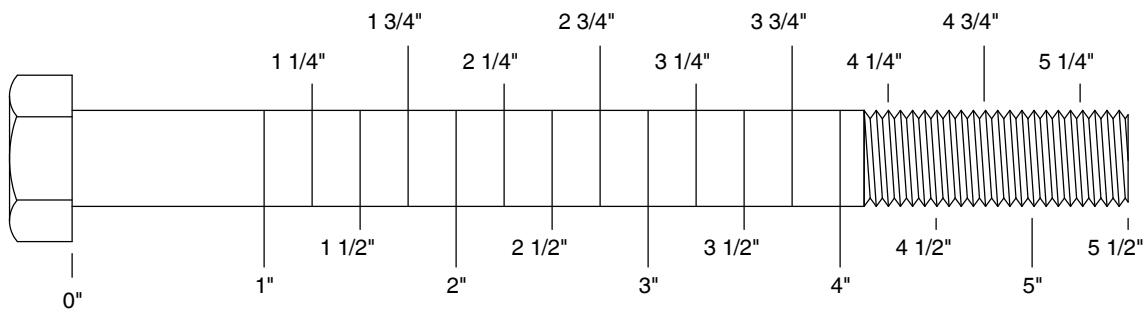
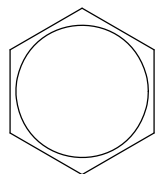
5/16" HHB



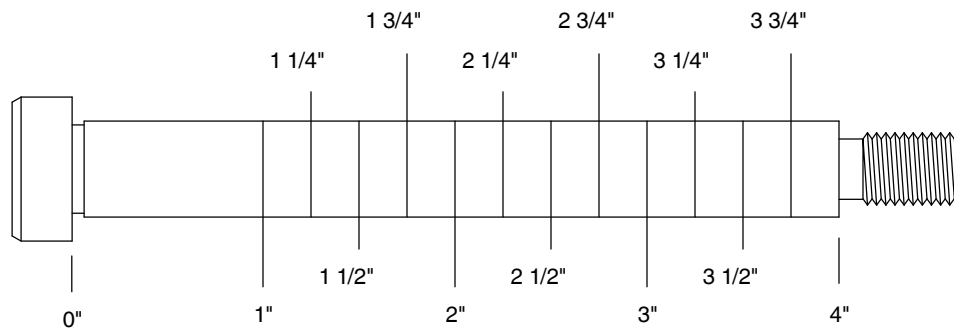
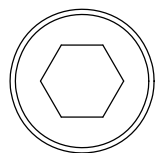
3/8" HHB



1/2" HHB

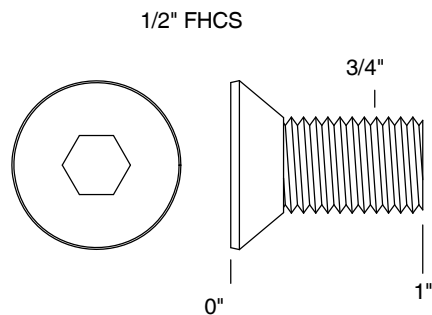
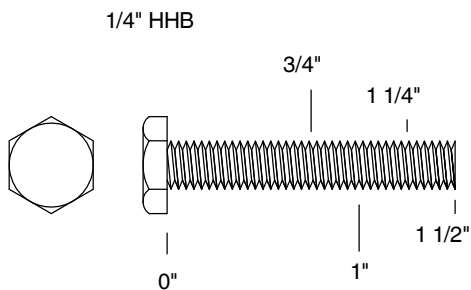
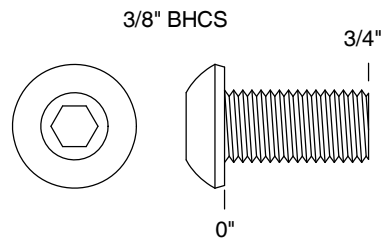
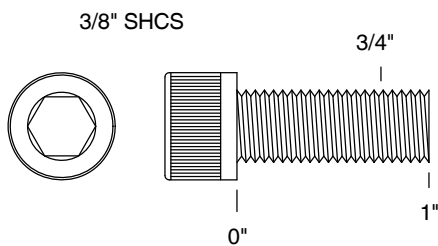
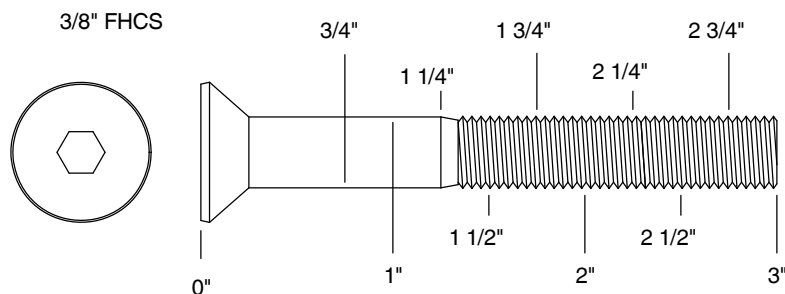


1/2" SHSS



OWNER'S MANUAL

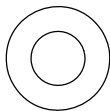
BOLT SIZING CHART (CONTINUED)



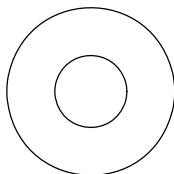
OWNER'S MANUAL

WASHER SIZING CHART

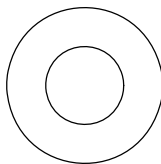
013-0002003
1/4"
FLAT WASHER
SMALL, SAE, 13mm



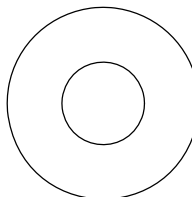
013-0102004
5/16"
FLAT WASHER
LARGE, USS, 22mm



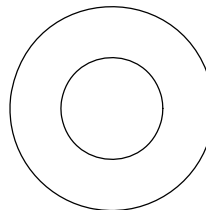
013-0002004
3/8"
FLAT WASHER
SMALL, SAE, 21mm



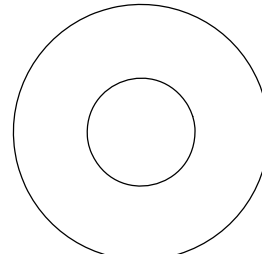
013-0402005
3/8"
FLAT WASHER
LARGE, USS, 25mm



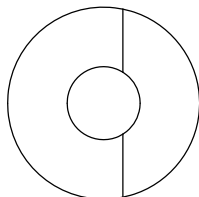
013-0102003
1/2"
FLAT WASHER
SMALL, SAE, 27mm



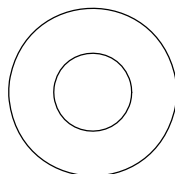
013-0102026
1/2"
FLAT WASHER
LARGE, USS, 34mm



013-0102028
3/8"
CURVED WASHER



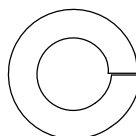
013-0402007
3/8"
FLAT WASHER
22mm O.D.



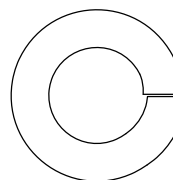
013-0102019
1/4"
LOCK WASHER



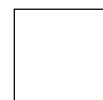
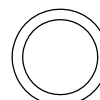
013-0102020
3/8"
LOCK WASHER



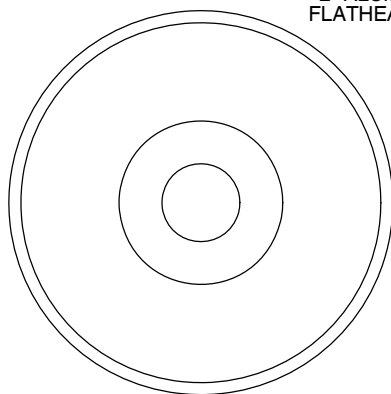
013-0102018
1/2"
LOCK WASHER



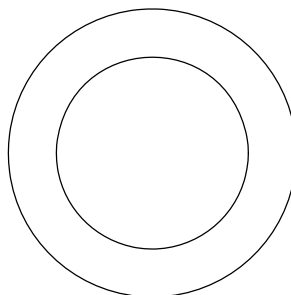
014-0018001
1/2" LONG
SPACER



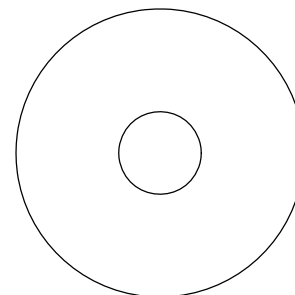
026-01M0238
2" ALUMINUM
FLATHEAD CAP



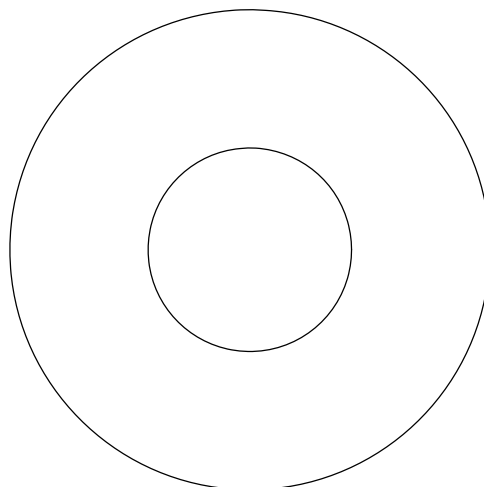
016-0009003
1" SHIM WASHER



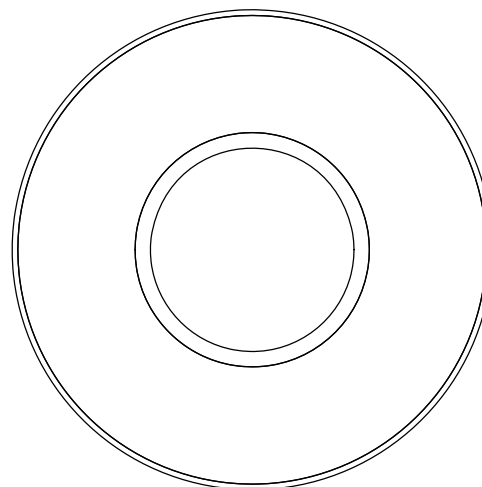
013-0003002
3/8" FENDER WASHER



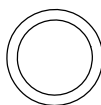
013-0003004
1 1/16"
FENDER WASHER



026-01PL151
PLASTIC 1 1/16"
FENDER WASHER



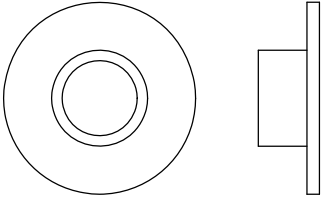
014-0018002
1" LONG
SPACER



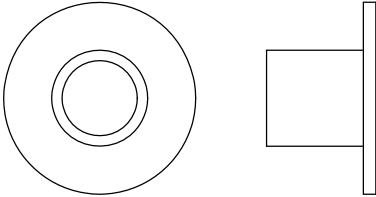
OWNER'S MANUAL

WASHER SIZING CHART
(CONTINUED)

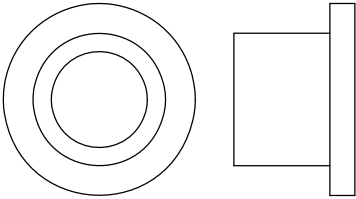
026-01M0211
1/4" LONG
FLANGED SPACER



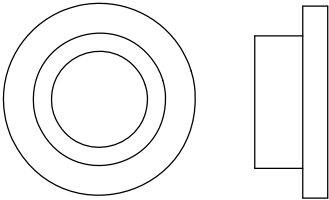
026-01M0198
1/2" LONG
FLANGED SPACER



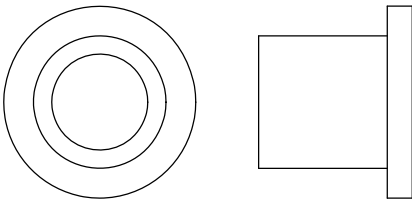
026-01M0760
1/2" LONG HEAVY
FLANGED SPACER



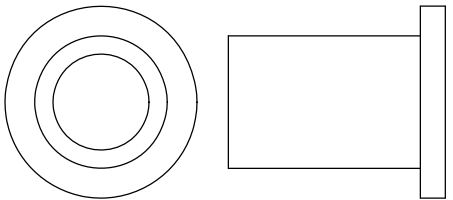
026-01M211T
1/4" LONG HEAVY
FLANGED SPACER



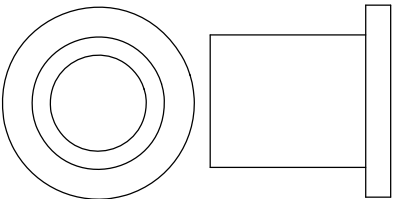
026-01M0532
11/16" LONG HEAVY
FLANGED SPACER



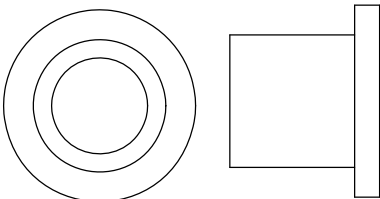
026-01M0551
1" LONG HEAVY
FLANGED SPACER



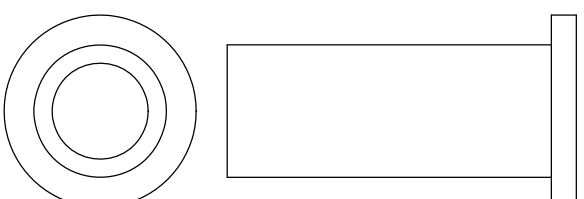
026-01M0788
.81" LONG HEAVY
FLANGED SPACER



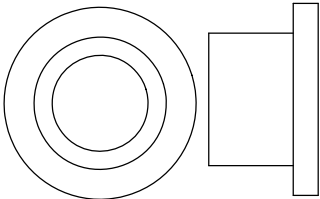
026-01M0780
.65" LONG HEAVY
FLANGED SPACER



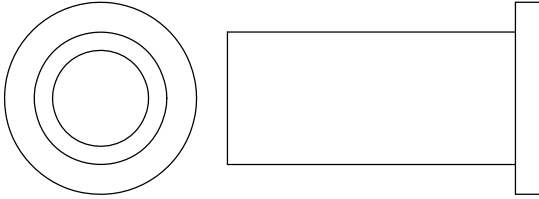
026-01M0761
1 11/16" LONG HEAVY
FLANGED SPACER



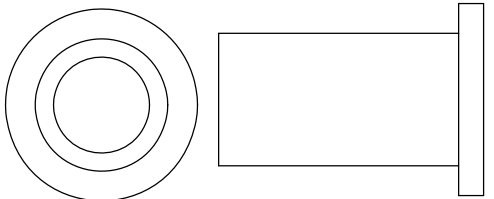
026-01M0789
.44" LONG HEAVY
FLANGED SPACER



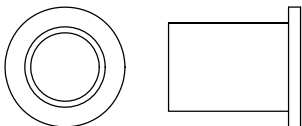
026-01M0762
1 1/2" LONG HEAVY
FLANGED SPACER



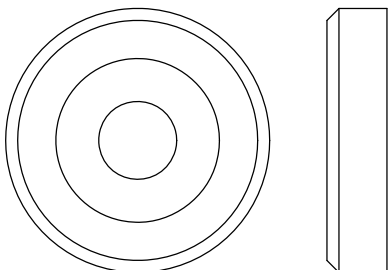
026-01M0768
1 1/4" LONG HEAVY
FLANGED SPACER



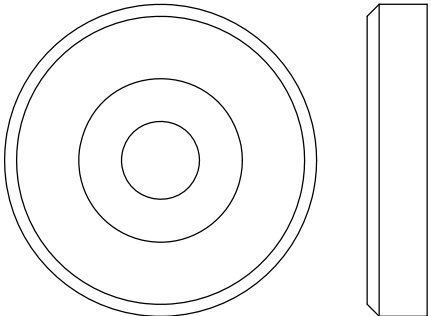
026-01M0600
.625" LONG
FLANGED SPACER



026-01M0240
1 3/8" ALUMINUM
FLATHEAD CAP



026-01M0239
1 5/8" ALUMINUM
FLATHEAD CAP



OWNER'S MANUAL

MAINTENANCE SCHEDULE

<i>ROUTINE</i>	<i>COMMERCIAL MAINTENANCE</i>	<i>HOME MAINTENANCE</i>	<i>LATEST DATE ENTRY</i>									
Inspect; Links, Pull Pins, Snap Locks, Swivels, Weight Stack Pins	DAILY	WEEKLY										
Clean; Upholstery	DAILY	WEEKLY										
Inspect; Cables or Belts and their tension	DAILY	WEEKLY										
Inspect; Accessory Bars, and Handles	WEEKLY	3 MONTHS										
Inspect; All Decals	WEEKLY	3 MONTHS										
Inspect; All Nuts and Bolts, Tighten if needed	WEEKLY	3 MONTHS										
Inspect; Anti-Skid Surface	WEEKLY	3 MONTHS										
Clean & Lubricate; Guide Rods with a Teflon (PTFE) based lubricant (Superlube)	MONTHLY	3 MONTHS										
Lubricate; Seat Sleeves, Turcite Bushings, Linear Bearing	MONTHLY	3 MONTHS										
Clean and Wax; All Glossy Finishes	6 MONTHS	YEARLY										
Repack with Grease; Linear Bearings	6 MONTHS	YEARLY										
Replace; Cables, Belts and Connecting Parts	YEARLY	3 YEARS										

*Your equipment comes with a commercial maintenance decal.
For personal, in home use, please follow the home maintenance schedule listed above.*

OWNER'S MANUAL

HOIST FITNESS SYSTEMS **GENERAL MAINTENANCE INFORMATION**

Links, Pull-Pins, Snap Hooks, Swivels, Weight Stack Pins:

- *Check all pieces for signs of visible wear or damage.
- *Check springs in snap hooks and pull-pins for proper tension and alignment.
- *If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- *To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- *Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- *Replace ripped or worn upholstery immediately.
- *Keep sharp or pointed objects clear of all upholstery.

Decals:

- *Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- *Inspect all nuts and bolts for any loosening and tighten if needed.
- *Go through a re-tightening sequence periodically to ensure that all hardware is tensioned proper.

Anti-Skid Surfaces:

- *These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

Belts and Cables:

- *Hoist uses only high quality belt, and mil-spec cables.
- *Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- *While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- *Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables have been replaced.

Belt and Cable Tension:

- *Referring to the Owners Manual, when belts or cables are used check all bolts attachments to be sure they are properly attached.
- *Check slack in cables and re-adjust cable tension if needed.

Seat Sleeves, Guide Rods:

- *Wipe down adjusting tubes with a dust free rag before applying lubricant.
- *Lubricate seat sleeves and Guide Rods with a Silicon or Teflon based lubricant spray.

Linear Bearings:

- *Referring to the Owners Manual carefully disassemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

PLEASE KEEP THIS FOR YOUR RECORDS

OWNER'S MANUAL

WEIGHT TRAINING TIPS

Use this manual to guide you through the basic exercises you can perform on your RPL-5201-A HOIST® Fitness System. To gain maximum results and avoid possible injury, consult a fitness professional to develop your complete exercise program.

Always consult your physician before starting any exercise program.

To be successful in your exercise program, it is important to develop an understanding of the basic principles of strength training. Now that you have your RPL-5201-A HOIST® Fitness System, it is only natural that you want to get started immediately. First, determine a set of realistic goals and objectives for yourself. By deciding on an exercise plan that is right for you prior to starting, you will contribute significantly to your success.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.

Enjoy your RPL-5201-A HOIST® Fitness System!

OWNER'S MANUAL

THIS PAGE WAS INTENTIONALLY LEFT BLANK

OWNER'S MANUAL

WEIGHT TRAINING EXERCISE LOG

S = Sets **R** = Repetition per set **W** = Weight used

[illegible]

OWNER'S MANUAL

HOIST FITNESS SYSTEMS LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the **original purchaser** to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

WARRANTY CLAIMS. All claims require: Model number, Serial number, Date of installation, and any information supporting the existence of the alleged defect.

To complete Warranty Registration visit:
www.HOISTFITNESS.com
and click on the Warranty Registration link

Starting from the original date of purchase, normal wear and tear shall be considered as the following:

COMMERCIAL USE: All malfunctions of upholstery, grips, paint, and chrome that occur after one year; all malfunctions of electronic components, belts, or cables after one year; all malfunctions of pulleys, bearings, or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

HOME USE: All malfunctions of grips, paint, and chrome that occur after ten years; all malfunctions of electronic components, belts, cables, or upholstery that occur after ten years; all malfunctions of pulleys, bearings, or bushings that occur after ten years. The frame and all welded components are warranted for the life of the product.

PLEASE NOTE THAT NOT ALL HOIST PRODUCTS ARE MADE FOR COMMERCIAL USE.

Refer to the instructions page of your owners manual or consult with you fitness product dealer to establish if a product is made for commercial use or not. Using a non-commercial product in a commercial setting can result in serious injury or death!

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, expressed, implied or statutory, except the one (1) and five (5) year warranties described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

Hoist Fitness Systems
9990 Empire St. #130
San Diego, CA. 92126
(800)548-5438

PLEASE KEEP THIS FOR YOUR RECORDS